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APRIL 10 '03

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13



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Volume XV #13

casco bay weekly

April 10, 2003

GREATER PORTLAND'S COMMUNITY JOURNAL OF NEWS, ARTS & HAPPENINGS

APRIL SHOWERS BRING...



Heaven knows we've certainly had the showers. Now that the ground is finally getting soft enough, it's time to think about taking a shovel to it. In this issue, we present tips and musings on mucking around in the good earth.

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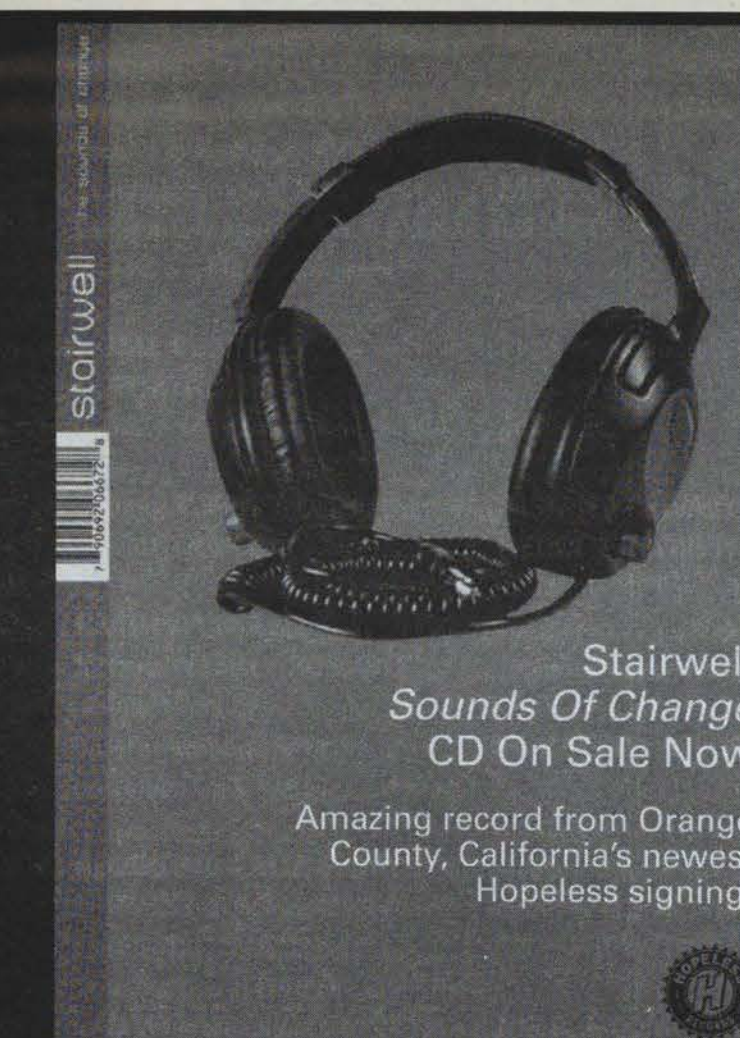
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health & wellness

Living From The Inside Out What Every Flower Knows

by Melissa Mirarchi

It's been a long, cold winter. In my backyard, the perennial gardens have been covered with snow since the day after Christmas. Now, with only a few patches left, brave shoots are pushing their way through the earth. Soon leaves will appear. Then there'll come flowers. And I'll forget about the snow.

It amazes me, when I think of it, how well these plants know what they're called to do. Each spring, without fail, the poppies shock me with their brilliant orange blossoms. The lilacs make me drunk with their fragrance. The peonies burst just in time for my birthday.

To the best of my knowledge, these plants don't struggle to figure out what flower they'll bear. I've never heard a lupine mutter, "I wish I were a delphinium!" An inner force that won't be deterred — to bear their flowers, and nobody else's — seems to drive the plants in my gardens.

I envy them. I'm only human. And, from what I've seen, we humans struggle to know the color of our flowers. To let them unfold and bear them proudly. To be what we truly are. It makes me wonder... why?

If you back up and look at a human life, you're likely to first see an infant, embraced and accepted exactly as is. A few seasons go by, the child grows, and something begins to happen. The girl's fierce anger, the boy's heartfelt tears, may no longer be accepted. The child may be scolded for speaking a truth that nobody wants to hear. Even in the best of childhoods, these betrayals can add up to conspire against authentic self-expression. Well-meaning parents and siblings and teachers mold the child to fit the collective, instead of revel in who they are.

Emerson wrote, "Society everywhere is in conspiracy against the manhood of every one of its members. The virtue in most request is conformity." Our very selfhood, our own unique flower, is not what serves the collective best. And so, we grow up eager to please, or displease, everyone around us. We play our roles as if they were us. The good. The successful. The misfit. The tyrant. We blossom, sometimes brilliantly. But at some point, a voice deep inside us whispers, "This blossom is not mine."

If we humans really were plants in a garden, this shocking awareness would come in the fall, when we no longer want, or can cling to summer's flowers. They may have been brilliant... or stunted... or ordinary. But they were not our own. The time has come to let them go, to prepare for winter, when all is still and waiting beneath the snow.

For anyone who's endured this winter, this dark night of the soul, it is likely remembered as a time of great pain, and incredible richness. In the Greek myth of Psyche and Eros — a mortal woman and a god who deeply love each other — Psyche is not allowed to look upon her lover's face. When curiosity overtakes her will and Psyche tries to steal a glimpse, she is caught and, as punishment, is torn away from Eros. She is told that their reunion depends on her completing some tasks, which appear impossible. In the night, before sunrise, Psyche must sort an enormous pile of tiny seeds — a task so overwhelming; all that she can do is sleep. When Psyche awakes, she finds that ants have sorted all the seeds. Other



PHOTO BY CHARLOTTE SMITH

daunting tasks are given, and each one is completed, thanks to help that Psyche could never have dreamed of. In the end of the story, Psyche and Eros forge a bond that can never be broken.

Like Psyche, it seems we are not allowed to see what we desire most: Eros, our flower, our deepest, true selves. Like Psyche, we grow impatient to see what first must ripen within us. Like Psyche, we are overwhelmed by seemingly impossible tasks, like sorting through a lifetime. All we can do is sit in the darkness, not knowing if mice or the morning will come. And while we wait, we try to remember what every flower knows: That the winter holds the spring. That from the darkness, the light grows.

Melissa Mirarchi is a registered counselor practicing in Portland. She can be reached at becoming@maine.rr.com.

health & wellness

Embracing Your Wildness

by Sibyl McLendon

As small children, we were all wild. Not unlike the wolf pup in the den, we ran when we felt like it, sniffed or tasted things to see what they were, yelled when the mood struck us and danced at the drop of a hat. We loved to dig in the earth, heave a rock into a pool, roll and tumble on the ground and run naked whenever we could. We loved ourselves and we loved our bodies. We knew no fear.

Of course, we were also taught to give that all up. "Act your age!" "Don't be such a wild thing!" our parents told us. Grow UP. The list of unacceptable behaviors got longer and longer, until the wild part of us just went to sleep.

But the wildness is still inside of us, and we all need to make the connection to it to be a whole, happy person. It is there for a reason, and when we can find it, wake it up and make it a working part of our psyche, we are all the better for it.

With their bodily functions, and the fact that they are acting like "little boys" all the time. Well, ladies, I strongly suggest that you give it a try! Women need to let go of all the civilization once in awhile. We have had all the wildness bred out of us, and it is unhealthy! Many women feel a yearning as they grow older to dig in the earth (gardening), act a little silly or wild from time to time, and yet they are so frightened... what will the neighbors (mates, parents, friends, strangers) think?

Ha! Who cares? I would rather be known as that



Wildness is an essential part of wholeness at any age.
ILLUSTRATION BY KRISTA ALEXANDER

The wildness holds our deeper intuition. That sniffing and tasting to discover what a thing was... it kept us out of a lot of harmful situations! We knew instinctively when something or someone should be avoided. As small children, that instinct was not fully developed, of course, but as adults we can use that wildness to guide us in ways that we need. When we allow our wild side to remain buried and asleep we are a lot more likely to blunder into situations and relationships that are not good for us!

The wildness allowed us to have fun and to connect to the rhythms of the universe a lot more easily. We can all use a good roll on the ground from time to time. A good long howl at the moon when we are sad can really go a long way to making us feel better. Heaving a rock into a pool is very therapeutic when angry.

Women especially have lost that wild nature. They complain long and hard about men being so free

sort of strange lady who lives down the block than be frustrated and pent-up. No chemical hair dye and plastic surgery for me.

An excellent book about this is "Women Who Run With The Wolves" by Clarissa Pinkola Estes. I have a sort of goal to get every woman on earth to read this book! Cast off your pantyhose and dance... let loose the wildness and howl at the moon! You have nothing to lose but your ulcers, your unhappiness, your fear and your yearning.

You will gain your personal power, your joy, your connection and your intuitive self. I hope to bump into you some night, running under the full moon... in the wild.

Sibyl McLendon is 1/2 Navajo, and is a personal spiritual coach for Circle Of Grace (www.circle-of-grace.com), a unique blending of Native American spirituality and holistic wellness coaching. Sibyl can be contacted at sibyl@www.circle-of-grace.com.

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Special Advertising Opportunities

Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

Apr 17 Careers in Motion

In this tight economy, employment is a subject occupying the thoughts of many. There are also those who currently have satisfying and interesting jobs, and have great stories to tell. In this issue, we'll examine the thrills and chills of the workaday rollercoaster.

Apr 24 Downtown Portland

After months of hibernation, it's easy to forget what an amazing place Portland is, and downtown is a vital part of it all. Spring thaw marks the time of year when things heat up in the city. First Fridays bring in crowds of art lovers, and local businesses large and small prepare for new customers. And who wouldn't want to be out and about? In this issue, we share the hidden treasures and well known favorites in the heart of our hometown.

May 1 What's Brewing in Maine

One special thing about Maine is the abundance of beer brewed in the area. It's satisfying for locals to drink good quality beer made right here in the Pine Tree State. In this issue, we explore the heady mix that makes up Maine's microbreweries.

For more information, contact Roseann Mango-Morgenson at 775.6601 or email cbw@maine.rr.com. Space is filling fast!

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A new advertising section in *Casco Bay Weekly*!

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community notices

BBB ALERTS DISCOVER CARDHOLDERS TO BOGUS EMAIL MESSAGE

NATICK, MASS — The Better Business Bureau Inc. Serving Eastern Massachusetts, Maine and Vermont is advising Discover Card holders to be on guard for a bogus email message asking for personal information, including the cardholder's account number, in order to restore an inactive account.

A consumer contracted the BBB when he received an email that appeared to be from Discover Customer Service and stated that his account had been placed on hold due to inactivity. The email instructed him to log into his account and review his privacy policy in order to reactivate the account. The email asked for the consumer's Discover Card account number, password, last four digits of his social security number, mother's maiden name, card member ID number and expiration date.

The consumer was suspicious of the email because he had never opened a Discover Card account. He also noted that the originating email address of the message did not contain the Discover or Novus name. For authenticity, the email did include several portions of Discover Card's website and links.

The BBB has confirmed with Discover Financial Services' Fraud Division that the email is bogus. Discover is investigating the fraud and suggests that anyone who received the email and has provided the requested information contact Discover immediately to request a new account.

The Better Business Bureau suggests consumers be wary of any contact initiated by an unknown individual or company. The Bureau suggests only providing account or private information if you are initiating the call to the company and have confirmed that you are dealing with a reputable company.

The Better Business Bureau, Inc., is a non-profit, public service organization serving Eastern Massachusetts, Maine, and Vermont. The BBB provides free business Reliability Reports, Charity Reports, and other invaluable consumer information to the public. All BBB services are readily available on the Internet at www.bosbbb.org.

TV3 AIRS LIVE CALL-IN SHOW ABOUT PORTLAND BUDGET

PORTLAND — Portland City Manager Joseph Gray and Portland Superintendent of Schools Mary Jo O'Connor will answer questions about the 2004 city and school budgets in a live, call-in show on Tuesday, April 15 from 7 to 8 p.m. on TV3, the city's educational access television station. Viewers may participate by phoning 874-8173 during the broadcast.

LOCAL CITIZEN GROUPS RECEIVE ENVIRONMENTAL AWARDS

MONTPELIER, VT — The New England Grass-roots Environment Fund (NEGEF) announced

today that eight community groups across Maine received grants from the Fund at its recent Grantmaking Committee Meeting. These funds support a variety of local initiatives to improve environmental quality across the state. The Maine groups received a total of \$12,000 in support. The Fund is pleased to announce that the following groups have received grants:

Campaign for the Corner: Portland — \$1,500 to help preserve a small, centrally placed lot threatened by development and raise awareness of the natural and historical landscape in the area; **Friends of Bigelow: Vienna** — \$2,500 to help fund the campaign to protect the Bigelow Preserve from development along its edges and prevent a 13-mile corridor from running through the Preserve to connect the proposed structures; **Kennebec Messalonskee Trails-Winslow** — \$1,500 to help build the organization to support a 12.4-mile, multi-use trail that connects five communities along the Kennebec River and Messalonskee Stream; **Maine Appalachian Trail Land Trust-Yarmouth** — \$1,000 to help pay for a portion of the cost of completing an Acquisition & Protection Plan for the Appalachian Trail lands in Maine; and **Maine Conservation Voters Education Fund: Augusta** — \$1,500 to help fund a series of public forums, "Putting a Face on the Issue", that will bring citizens together to learn about issues specific to their local communities.

WEST END RESIDENTS OUTRAGED BY PROPOSED REDISTRICTING PLAN

PORTLAND — A proposed redistricting plan for the Maine House of Representatives would split Portland's West End neighborhood and link the heart of it with neighborhoods as far away as Greater Woodfords Corner and Brighton Avenue. Article 4 of the state constitution requires redrawing legislative district lines every 10 years by the Legislative Apportionment Commission to reflect population changes according to the most recent federal census. Here in Portland, the state's largest city, the population declined by 109 people since 1990 while the statewide population rose slightly. While some minor adjustments in Portland's district lines are necessary, some claim the proposed plan for the West End hints of gerrymandering, an old political manipulation to divide the geographic area of a voting district so as to give unfair advantage in elections.

"A few months ago we elected an individual to represent us by an overwhelming margin," said Tom Thomsen, a resident of 188 Danforth Street for over 30 years. "A fair evaluation of the proposed plan appears to be a clear attempt to disenfranchise John Eder from the voters of his district."

The proposed redistricting plan would put

Casco Bay Weekly welcomes your community notices.
Please keep your thoughts to less than 300 words
(longer submissions may be edited for space reasons),
and include your address and daytime phone number.
Send to Notices, Casco Bay Weekly, 11 Forest Ave.,
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Representative Eder's residence on the outskirts of Munjoy Hill's legislative district, one block outside the core of his constituents. A legislator must live within the district they represent. The Maine Constitution calls for dividing larger rather than smaller communities and maintaining compactness while uniting communities of interest and social characteristics. Representative Eder is offering an alternative "neighborhood-centered plan" that keeps the West End in tact. This plan would have the West End's district boundaries running from the Western Prom east to High Street and from the waterfront to just above Congress Street. The neighborhood-centered plan is very similar to the current legislative district. The only major difference is that the Old Port would become part of Munjoy Hill's district, a change proposed in both plans.

"The rich history of this district is very populist and progressive," said Representative John Eder. "We're a diverse and close knit neighborhood. Greater Woodfords is more suburban, single-family households. These are two distinct communities."

The legislature must adopt the Apportionment Commission plan or a plan of its own by a two-thirds vote of the House and Senate. The Apportionment Commission, made up of legislative appointees, is due to submit a plan for consideration by the Legislature by April 3. For more information, contact Amanda Sears at 772-4389 or email: westendneighborhood@yahoo.com.


SENIOR MEN'S SLOW PITCH SOFTBALL

PORTLAND — It's that time — Spring training for the majors and time to sign up for Senior Men's Slow Pitch Softball. In its fifth year here, it is popular throughout the country and a rapidly growing sport in Maine. If you are interested in playing softball or organizing a team contact Anita Chandler at Maine Senior Games 775-6503 or 1-800-427-7411 or email achandler@smaa.org. The 2003 season organizational meeting has been scheduled on Thursday, April 10 in Portland at St. Peter's Episcopal Church, 667 Washington Avenue, at 7:00 p.m.

HIGH WATER ADVISORY

PORTLAND — The onset of warmer weather and rain is melting snow on Northeastern waterways, prompting Coast Guard recreational boating safety specialists to warn boaters and paddlers of high water levels and dangerous currents.

These water conditions are responsible for claiming the life of a 58-year old Massachusetts man who was canoeing on Patten Brook near Alexandria and Bristol in central New Hampshire Thursday.



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Al Johnson, the First Coast Guard District recreational boating safety specialist, advises all early season boaters and paddlers to be prepared for cold-water immersion. "A sudden spill into frigid waters will incapacitate most people within minutes," says Johnson.

"When the water is this cold," continues Johnson, "the things that will save your life are staying afloat and getting ashore to dry clothing."

Johnson stresses the need for boaters and paddlers to always wear a life jacket. He points out there are many styles of comfortable life jackets. And, at this time of the year, everyone should dress for sudden immersion by wearing a dry suit or neoprene wet suit. "It might seem excessive," says Johnson, "but when your life can depend on it, the cost and inconvenience are sound investments."

Boaters, paddlers and fishermen who might venture out on the water should check water conditions at the U.S. Geological Survey Real-Time Water Data website at <http://water.usgs.gov/realtime.html> and the National Oceanic and Atmospheric Administration's Hydrologic Information Center-River Stages website at <http://www.nws.noaa.gov/oh/hic/current/riverflooding/stages.htm>.

Additional questions may be directed to Al Johnson at 617-223-8464.

FAMILY PLANNING ASSOCIATION OF MAINE RENAMES INSTITUTE FOR REPRODUCTIVE HEALTH

PORTLAND — The Family Planning Association of Maine held a tea on Friday to commemorate the renaming of the Institute for Reproductive Health, for Parker F. Harris, M.D. Institute for Reproductive Health in honor of Dr. Harris' commitment to family planning and reproductive freedom.

In addition to Family Planning Association of Maine, board members, supporters, friends and family of Dr. Harris, Governor John Baldacci and Congressman Tom Allen attended an invitation only dedication ceremony.

In his remarks, George A. Hill, Family Planning Association of Maine's Executive Director stated, "This ceremony comes at a time when the politics surrounding abortion are tenuous at best. Dr. Harris inspired us by not backing g down when his office was picketed; he inspired us when anti-choice opponents demonstrated in front of his home."

Last fall, the FPA Board of Directors passed a resolution recognizing that the Institute for Reproductive Health "shall henceforth be known as the Parker F. Harris, M.D. Institute for Reproductive Health." On October 24, the renaming was announced at the Family Planning Association Dinner in Portland. The first ever Parker and Linda Harris Mission Award was awarded to joint recipients, Dr. Russell DeJong and Dr. LeRoy Carhart for their medical contributions to reproductive health.

Family members participated in unveiling the Institute's new name. Dr. Harris served in the past as the FPA's statewide Medical Director for Maine Family Planning and at the time of his death was the Chair of Maine Section of the American College of Obstetricians and Gynecologists. A native of Presque Isle, Dr. Harris practiced in Bangor and provided neonatal and obstetric care for thousands of women.

The Family Planning Association of Maine opened the Institute for Reproductive Health in 1997 to meet the need Maine women have for affordable abortion care services provided in a safe and supportive environment.

CITY CALLS FOR DONATION FRIENDLY AMERICA

PORTLAND — Public Health Division, Health & Human Services Department, City of Portland invites people to help "Create a donation friendly America." National Organ and Tissue

Donor Awareness Week is the week of April 20-26, 2003. We invite people to visit the rotunda at City Hall during the previous week, April 14-18, to learn more about how to become a donor. Volunteers from the New England Organ Bank will be available on April 16 & 17, from 11:30-2, to share their stories and answer any questions people may have.

Public Health Division, Health & Human Services Department, City of Portland joins HHS Secretary Thompson's Workplace Partnership for Life, a nationwide effort to increase the number of organ, tissue, marrow, and blood donors in the United States.

The goal of the partnership is to involve corporations, unions, local businesses, and national associations in educating their employees and members about the critical need to increase organ, tissue, marrow, and blood donation. Educational and religious institutions, and fraternal and volunteer organizations also are encouraged to join the partnership.

"The workplace is a great environment to get across the need for donation," Secretary Thompson said. "With employers and employees working together and with membership organizations involved, too — we can literally save thousands of lives. Everyone has a contribution to make."

On April 17, 2001, only 74 days after promising that within 100 days of taking office he would have a new program to encourage and enable Americans to donate life, Secretary Thompson launched the Gift of Life Donation Initiative. One of the initiative's key elements is the Workplace Partnership for Life, which the Secretary unveiled that day. Representatives from 18 major corporations including General Motors, American Airlines, and Verizon and the United Auto Workers joined the partnership. In July 2001, the Benevolent and Protective Order of the Elks became the first major fraternal organization to join the partnership. And in August 2001, Essex County, N.J. became the first local government entity to join. (For more on Secretary Thompson's Initiatives, to go www.organdonor.gov.)

As of September 2002, more than 80,000 Americans were waiting for organ transplants. Another patient is added to the list every 13 minutes. In 2001, more than 6,000 Americans on the list died, waiting for the transplant that could have saved their lives.

EARLY CHILDHOOD STUDENTS MEET WITH GOVERNOR

AUGUSTA — A delegation of 25 students in early childhood degree programs at Maine high schools and colleges will meet with Maine Governor John Baldacci on Thursday, April 10 in the governor's office in Augusta to observe the Week of the Young Child in Maine (April 6-12). The students will talk to Baldacci about children's services in Maine.

Governor Baldacci signed a proclamation recognizing the Week of the Young Child at the request of students preparing for careers working with young children in a variety of educational and social service settings. More than 1,750 students in Maine are enrolled in such programs at the high school or college level.

In his proclamation, Governor Baldacci noted the prime importance of early care and education for Maine's youngest citizens. "High quality early childhood services represent a worthy commitment to our children's future," he wrote.

Irv Williams, a faculty advisor to the students, noted that caregivers of young children contribute to Maine's economy by providing safe, high quality and affordable child care programs.

ERRATA

Contests, 04/03/03:

The photography contest winner was Andrea Peterson.

your turn

Iraqis Have Reasons Not To Support American Military Action

I'm sorry to see so many expressions of surprise that the Iraqis haven't yet risen up to support President Bush's policy of regime change. Didn't they already do that once before in 1991, and it was a massacre.

Those who voice surprise must expect THE DEAD to rise.

In 1991, President Bush (The Father) "disappointed" the hopes and dreams of many Iraqis. Of course, "disappointed" is a word we Americans would use because it's so hard to speak THE TRUTH — especially in a time of war.

Was it:

A betrayal of chilling proportions or a grave error in judgment? Either way, Trust in America was damaged.

If you were an Iraqi, if that happened to your family, would you let that knowledge color your understanding of the current crop of Texas style proposals? Has Saddam spent 12 years filling the ears of his people with POISON? "Bush Betrayed You"...Some Iraqis might even join in The Fighting against us, as an act of revenge for such a betrayal of trust.

Is our leadership acting on information that is 12 years old, trying to make it come out right this time?

I hope I'm wrong.

Justin Cincotti
Otisfield

Thank You From ACS

On behalf of the American Cancer Society, I would like to thank the people of the Greater Portland area for their generosity and support of the Daffodil Days campaign this year. The Greater Portland area sold over 60,000 daffodils raising over \$40,000 to help the American Cancer Society fund research, education, advocacy and patient service programs. Thanks to the people of Greater Portland, the American Cancer Society can continue to provide prevention and detection efforts, information and guidance to cancer patients, transportation to treatment, and patient programs.

Special thanks to all the worksite sales coordinators who were so instrumental in helping us achieve exceptional success this year. I would also like to express my immense gratitude to the many wonderful volunteers for their continuous support throughout Daffodil Days each year. Every volunteer made this event a pleasure to coordinate; every single one did an outstanding job.

In observance of National Volunteer Week, April 27-May 3, the American Cancer Society would also like to extend a tremendous thank you to all of the volunteers who help to further our mission. Volunteers are the American Cancer Society's most important resource in the battle against cancer. Your hearts and hands bring our mission to life, but most importantly, you bring hope. So in honor of National Volunteer Week, coming up just around the corner, we'd like to say a special thank you for contributing to the success of Daffodil Days and of all our events during the year.

The American Cancer Society is deeply grateful for the generosity of all of our supporters. Let's keep working until no child or adult ever has to hear the words, "You have cancer."

Donna Muto
Regional Executive for Income Development
American Cancer Society

Casco Bay Weekly wants your letters! Please send your submission (no more than 300 words), to Letters, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com. Be sure to include your address and daytime phone number.

APRIL SHOWERS BRING...

Heaven knows we've certainly had the showers. Now that the ground is finally getting soft enough, it's time to think about taking a shovel to it. In this issue, we present tips and musings on mucking around in the good earth.

PHOTOS BY CHARLOTTE SMITH

How Does Your Garden Grow?

Courtesy of ARA Content

With spring upon us, the time has come to decide what you would like to do with your garden. Seed catalogs may conjure visions of luxurious bouquets adorning your home and sweet fragrances permeating every room. Or, perhaps, they wet your appetite for meals prepared with homegrown vegetables. But how can you best prepare that plot of soil behind your house to help make your garden grow?

Prep Work

If you didn't remove all the debris from your garden last fall, you must clear out the old leaves and stems before you plant. There may be insect eggs or disease spores from last year's growth, and you don't want them infecting your new crop. Simply removing this debris is the single-most effective pest control measure you can take for your garden. After you have removed the debris, use a shovel to break up clods of dirt and loosen the soil at the rooting depth of your plants. Generally, you only need to work down about 5 or 6 inches. Any plants that root below that depth are capable of penetrating most soils. If your garden plot has packed clay or sandy soil, till in some organic matter, such as peat, composted leaves or lawn clippings, as deeply as you can. This will form a soil structure that will allow roots to breathe and grow. It will also help retain vital moisture and nutrients. Do not use lawn clippings as mulch if you have treated your lawn with a weed killer or insecticide; chemical residuals on the clippings could damage garden plants or make vegetables inedible.

Selecting a Fertilizer

Melinda Myers, a noted author and host of public television's "Great Lakes Gardener," advises gardeners to always use a fertilizer that is gentle on both plants and the environment. "Using a slow-release nitrogen fertilizer

provides plants with small amounts of necessary nutrients over a long period of time, resulting in even growth of roots and shoots," she says. "Such measured growth makes plants less susceptible to pests or stressful growing conditions. "Slow-release nitrogen fertilizer also reduces the risk of damage to plants and the environment in the event it's misapplied or overused. An organic-based nitrogen fertilizer, such as Milorganite's Garden Care 6-2-0, is ideal for helping build soil while fertilizing."

When to Fertilize

Fertilize when you first seed or transplant to encourage root and plant growth. Fertilize again when the plants begin to flower or display leaf growth that will mature for harvest. For full-season plants, fertilize a third time in mid to late summer. Potatoes, tomatoes and similar plants especially benefit from this third application. If you have any doubts as to what kind of fertilizer to use or how much to apply, or if you would like your soil analyzed for nutrients, contact your local county Horticultural Extension Agent.

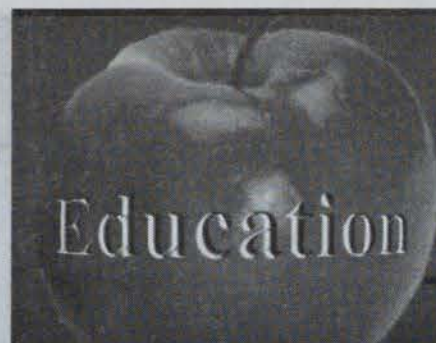
Those Darned Pests

Insects, weeds and disease can present problems even in a healthy garden. Mike Archer, research coordinator for Milorganite and a master gardener, recommends using Integrated Pest Management for pest control in any garden. IPM is generally a low-cost, low-impact means for controlling harmful pests, as it minimizes the use of commercial pesticides and potentially dangerous chemical applications. "In many cases, treating a garden with pesticides kills off beneficial insect species that keep problem species under control," says Archer. "You should learn to identify these helpful insects, so you don't kill off friends of your garden." Other methods of environmentally sound pest control include hoeing weeds, staking tall plants so fruit does not touch the ground, providing garden ventilation to minimize incidence of disease, and trickling water on the soil when watering on sunny days so leaves don't scald.

Have Fun

There's no doubt about it; gardening can be hard work. But if you follow these simple tips, your garden will prosper and your experience will be a positive one. Remember, many mistakes can be easily cured with a hoe, a shovel and a compost heap. So, relax, have fun and experiment! And, most importantly, enjoy the fruits – and vegetables – of your labor.

Continued on page 14



Would you like to see your child's school profiled? Want to get the word out about what your school has to offer? CBW welcomes submissions and suggestions from Maine learning institutions at all levels. Just send your stuff to: CBW, 11 Forest Ave, Portland ME 04104, or email: cbwpub@maine.rr.com.

Osher Lifelong Learning Institute

Even if you are over 55 years old, that doesn't mean you have to stop learning. At the Osher Lifelong Learning Institute at the University of Southern Maine, older learners have opportunities for life long learning with more than 30 courses in liberal arts and sciences to choose from.

Subjects range from music and art to history and science. Each winter and summer, special interest "sampler" sessions provide a shorter look at a variety of topics. The courses are offered each Friday on the Portland Campus of USM in the fall and spring. The courses are peer taught and there are no entrance requirements or college background needed. Also there are no grades or tests, making it a stress free learning experience. During class you can engage in discussions on course material, enjoy lectures or presentations from the instructor. After class, join your classmates for lunch in the OLLI "cafeteria" where a light meal is served and partake in conversation with your classmates.

History of OLLI

OLLI started as Senior College in 1996 at the University of Southern Maine. It began with a vision to provide a stimulating program for older learners. Thanks to dedicated community and University leaders and volunteers, OLLI has now expanded into one of America's fastest growing and leading programs in lifelong learning. A very generous endowment gift from the Bernard Osher Foundation in 2000 encouraged expanded programming opportunities. In recognition of the Osher Foundation's gift, the organization's name was changed to Osher Lifelong Learning Institute, or OLLI with its wise owl mascot.

The program reaches out to all Maine older learners and is now an integral part of the lives of thousands of Maine people through Senior Colleges at locations all over the state. The staff and key volunteers at the USM's Osher Lifelong Learning Institute provide resources and assistance to launch similar programs.

Rabbi Harry Z. Sky, the founder of OLLI, says, "The program's growth and expansion in Maine has been made possible through the support of the University of Southern Maine and the state legislature, an approach unlike any other state with senior learning programs." Sky adds that spirituality is another important component of the Maine program; "OLLI emphasizes not only the social and intellectual but the spiritual as well," noting that exploration of the inner sense of self is critical in a person's life at this stage.

University Setting

OLLI activities are offered on the University of Southern Maine's Portland campus. Thanks to a fund-raising initiative by OLLI, the classrooms have been refurbished with updated audiovisual equipment, comfortable chairs and tables. Limited campus parking is available; convenient shuttle service is offered from an off-campus parking lot close by.

Faculty

Professors are OLLI members who have a deep love and knowledge of the subject they are teaching. Most important, they want to share the subject with their peers. For example, past courses have included history taught by a 4-star general, an opera course orchestrated by a pediatrician, genealogy research guided by an engineer, and a computer class led by a minister.

Opportunities Expand Involvement

OLLI is a self-sustaining, self-governing organization, supported through an annual membership fee of \$25. Memberships run from July 1 to June 30, each year. There is a nominal fee for classes and other learning and social opportunities. Additionally, as a member of OLLI, you qualify for a special OLLI Card, which gives you access to University libraries and discounts for a number of USM-sponsored events. Full and partial scholarships are available through a simple, friendly confidential process.

"Participation in the courses offered by OLLI is purely for the love of learning," notes OLLI director Kali Lightfoot. "The organization that has grown in the past five years is strongly rooted in that idea—one of the keys to its great popularity and growth." Volunteers who develop curriculum, staff the office at USM, and design OLLI's extracurricular activities including local and international field trips run the organization. A number of volunteers opportunities provides a range of options for involvement in OLLI.

Connect Outside the Classroom

Participation in OLLI doesn't stop with the courses. OLLI also sponsors a lecture series, social events, and extracurricular activities, including fieldtrips.

Senior Adult Growth Exchange (SAGE) is a regular lecture series that offers a dynamic

approach to learning history, science, the arts, and current events. Lecturers are from the community or USM faculty.

The Senior Players is a group of OLLI members interested in the theater and dramatic arts. Formed in 1999, the Players continue to present both standard and original productions each semester.

The outdoor club sponsors a monthly adventure, a singles group arranges activities, and a chess club meets regularly. Organized activities have included trips to the theater, art museums, and historical sites. And each year OLLI sponsors a domestic or international trip.

SAGE (Senior Adult Growth Exchange)

SAGE, formerly New Dimensions, was organized in the spring of 1983. It was a sponsored by the USM Department of Community Programs and Elder Circle, Inc., in response to the request of people in the Portland community who sought intellectually stimulating programs especially for mature, retired adults.

As SAGE (chosen as a more appropriate name in 1990) became more popular and began to expand, it was moved to a space at USM, where it attracted participation by a number of outstanding faculty and community leaders. One of the most innovative parts has been continued from the first days: members are always involved in planning the program.

In the fall of 2001, SAGE joined OLLI (Osher Lifelong Learning Institute) as a part of the diversified choices of continuing education offered by USM's outreach to older adults. However, the original concept of members doing their own planning has re-



Young at heart: OLLI students gather on the steps of USM's Payson Smith Hall.

PHOTO COURTESY OF OSHER LIFELONG LEARNING INSTITUTE

maintained. As always the program provides short-term academic lecture and discussion programs in topic areas chosen by its members, such as history, culture, the arts, geography, anthropology, and others. Lectures take place on Tuesday mornings from March to May in Payson Smith Hall on the Portland campus. For more information, call the OLLI office at 780-4406.

There are various ways to contact OLLI for more information.

By mail: Osher Lifelong Learning Institute, University of Southern Maine, P.O. Box 9300, Portland, ME 04104-9300;
By Phone: 780-4406, or toll free 1-800-800-4USM ext. 4406;
By Email: olli@usm.maine.edu;
Online: www.usm.maine.edu/eap/seniorcollege/

local voices

Chiseled in stone:

The ten commandments of grassroots fund-raising

By Charlie Bernstein

You have a great organization doing great things. You want to build it up to do even more. But ... it seems unfair to ask hard-pressed people for their hard-earned money. And there's never enough time to get around to it, anyway. And trying to land a few big grants seems like a better use of your time. And it's embarrassing to beg. And scary to ask. And the person you ask might have a heart attack. Or hit you. And so on.

Yet rich or poor, most of us actually like to put our money where our heart is. (Think about the last donation you made.) Your organization deserves support—and potential supporters deserve to have a chance to take part. Bluntly, it's your responsibility as a staff member, board member, or committed activist to ask for the money your group needs to fulfill its mission.

So to jump-start your fundraising, here comes a lightning bolt—a ten-point message from the God of Fundraising. *Thou shalt:*

Always say thank you. The first rule of fundraising is also the easiest. Whether you've sold raffle tickets or received major gifts to a capital campaign, your donors deserve to know you appreciate their role. For a small gift—for instance, a small check you receive while canvassing door-to-door, "Thank you" should be the first words out of your mouth. For a gift in the mail, a prompt phone call or handwritten note *sent the day you receive the donation* can mean a lot to the donor. Some fundraising drives even offer thank-you gifts—the tote bag approach.

Never say please. Hate begging? Guess what. You're not. You're building a partnership with someone who shares your vision. Your job is not to get a handout. Your job is not to inflict guilt. Your job is to find people who believe as you do that your group's work matters, and to give them the opportunity to be part of it.

Address self-interest. Studies confirm: guilt will only get people to give once, but self-interest makes people ongoing supporters. It can be a specific interest such as removing a neighboring toxic dump, or it can be broad, such as a dream of a world without war. Let people know that you're doing *their* work and they're likely to join you with *their* dollars.

Let your fundraising grow from your mission. There's a popular saying among fundraisers: *Gambler's Anonymous shouldn't run raffles.* Ask: does your fundraising idea have any relation at all to your mission? Aside from direct, unvarnished requests for money, the best fundraising activities don't feel like fundraisers—they're activities that advance your mission whether they make money or not. An arts group we know used to sell tickets, booth space, and sponsorships for an arts festival. Yet one board member was offended by the suggestion that the event was a fundraiser—even though most years it netted tens of thousands of dollars! It was, in fact, the *perfect* fundraiser: it made money, but money wasn't its point.

Build fundraising into your general plan. Groups that do a good job of fundraising don't think of it as separate (equal or otherwise) from their other work. Time to fundraise should be blocked in along with your other work, and most of your work

should have a fundraising component. Do two things. First, look at your year's work plan. (And if you don't have one...) See where you actually have time open for pure fundraising, and plug it in. If June looks slow, for instance, plan it then. Second, think about how to make all your activities fundraisers. If you're holding an annual meeting, you might couple it with a dance. If you're sending out a flier, you might add a fundraising coupon. If you're holding a big meeting or rally, you might run an on-site raffle with door prizes.

Provide many giving levels and opportunities. The world's best grassroots fundraisers are religious groups. The collection basket goes around every week. Events are frequent and varied. People who *can* give more are asked to. Ask people to give at least six times per year. For instance, your group might do a mail appeal, a raffle, a bean supper, membership dues collection, a rummage sale, and a personal request for money for a specific purpose—all in one year. Be creative. Understand that no one approach works for everyone, and plan accordingly.

Build relationships. Again, you're not begging. You're establishing a partnership. A person who makes an initial donation of \$10 may well give you much more over the course of her life. (This is known as a *lifetime gift*.) Stay in touch. Think of ways to treat your donors like the partners they are. Let them know what you're doing. Get their feedback. Acknowledge their participation.

Be persistent. A radio station ad salesperson once kept a record of his sales calls and found that it took an average of seven calls to land a sale. People respect persistence. As long as you're respectful to them, they'll see it as a sign of your commitment.

Learn to live with "no." People will often say no when you ask for money. *It's not about you.* It's about them: they give to something else, they aren't tuned into your mission, it's a really bad time, and they don't know enough yet about you or your cause. Or they got up on the wrong side of the hammock. When a person says no, *listen.* Pay attention to why. It might be someone you shouldn't waste one more minute on—or someone whom you can cultivate to become a strong supporter down the line.

Ask. If "Thank you" is the first rule, "Ask" is the golden rule. It's been said that the only mistake you can make in fundraising is to not ask. Yet we all procrastinate. We wait until the day we have a clear calendar, we have all our research done, we have some impressive handouts, and we know everything there is to know about the donor. But that day will never come. So just start asking. You'll get the hang of it. And ask for *specific amounts.* This lets people know exactly what they can do to advance your group's mission. If it's their mission, too, and they *can* give, they *will* give. And that gift is the key to your mission's success.

This article originally appeared in the newsletter of Maine Initiatives, a foundation that funds organizations cultivating grassroots social change in Maine. www.maineinitiatives.org. Charlie Bernstein, Maine Initiatives' program manager, has a background in grassroots fundraising and organizing.

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How to Air-Dry Flowers

by Monica Resinger of Creative Home

Air-drying flowers is a simple, fun hobby that can save you money by providing free material to make dried flower decorations for your home or to give as gifts.

It's very simple to air-dry flowers. All you need is a place to hang them out of direct light, rubber bands and either paperclips or florist wire. I have used wooden pegged coffee cup hangers and pieces of lattice attached to the kitchen wall as places to air-dry flowers. You can also insert cup hooks into a wall and use those.

Once you have a place to hang them set up, you can begin to find flowers to dry. Hopefully you have a variety of flowers growing in your yard to experiment with. If not, you can find wildflowers growing alongside roads or in forests. If you are using these flowers, be sure to take care of the plants you take the flowers from. This ensures that there is plenty of plant growth for insects, birds and other to use.

Some flowers that have air-dried well for me are: Yarrow (*Achillea millefolium*), pompon Dahlias (*Dahlia hortensis*), Poppy seed heads (*Papaver somniferum*), Roses (*Rosa*), Marjoram (*Origanum vulgare*), Delphinium, Larkspur (*Consolida ambigua*), Lavender (*Lavandula angustifolia*), African Marigold (*Tagetes erecta*), Strawflower (*Helichrysum bracteatum*), Globe Thistle (*echinops ritro*), Cornflower (*Centaurea cyanus*), Statice (*Limonium sinuatum*), Globe amaranth (*Gomphrena globosa*), and Love-in-a-mist (*Nigella damascena*) seed heads.

To find flowers that air-dry well, it's good practice to experiment. If it doesn't dry well, you gain the knowledge not to use it next time. Sometimes, an air-dried flower that doesn't look good to one person may look pleasing to another.

With most flowers, the best stage to dry them is when they are just beginning to open. Depending on the flower, if you hang it too late, the petals will fall

off. You will learn this as you experiment. Others, you will want to wait until the seed head is developed because this is the decorative part.

The best time to cut flowers for drying is late morning after the dew has dried and on a dry day. I like to take a wicker basket with a handle and my scissors with me and take a walk around the yard snipping what looks appealing.

Once you have your flowers picked, you can prepare them for air-drying. To do this, bundle eight to ten stems with a rubber band at the cut end of the flowers. The rubber band works especially well because as the flowers dry, the stems will shrink and the rubber band will shrink to the appropriate size of the bunch. Now you can insert an unraveled paper clip or florist wire inside the rubber band and bend it to form a hook that the bunch can hang over a peg, piece of lattice or hook. Hang the bunch of flowers upside down and depending on the weather, they will probably take anywhere from one to three weeks to dry completely. You can tell they are dry completely when they feel crisp to the touch.

Air-drying flowers make a fabulous decoration by themselves, but when they are dry, you can take them down and make dried flower arrangements, Christmas ornaments, dried flower wreaths and more.

Monica Resinger is the Editor of Creative Home, a fun, twice or three times a week ezine that is jam-packed with Creative Homemaking information like how to organize your home, cook mouth-watering meals, entertain your friends and family, decorate your home, plant a garden, use herbs, try a new craft and much more!

Funky, Fun Garden Plants

by Valerie Garner

I have a love for funky, fun and unique garden plants. Here's one to try. It's called Sea Holly, and it's actually in the thistle family.

Sea Holly is a perennial garden plant, which means you plant it once and it comes up year after year, somewhat depending on your climate.

This plant never did fail to bring attention and comments from people seeing my garden. It grows about 3-4 feet high, very branchy and the branches are a brilliant electric blue color. It's stunning!

The only drawback to this lovely plant, in the fall you must cut it to the ground and burn or compost the plant. Do not let it go longer than that, casting it seeds or you'll soon discover it's family trait of being in the thistle family, if you know what I mean. The following spring, it'll come back again to its beauty.

It is an easy plant to grow and does best with full sun, or as much sun as is available to you. I live in the Pacific Northwest, U.S.A. so we get a lot of rain and fairly mild summers and yet it seems to be enough for this plant.

You can search for Sea Holly seeds in seed catalogs or sometimes you can find it in some nurseries. An Internet search would surely find you a source for this lovely plant.

I thought I'd let you know about one of the coolest, funky plants for outdoors I've ever run across. It's called Evening Scented Stock; it is NOT the common stock, however.

This is an annual plant that needs to be sown early spring, directly into the soil where it is to bloom and grow. I recommend planting it nearby windows and doors, porches, etc. This plant really doesn't look like much in and of itself, it's not a pretty plant per se, but when about 5:00 PM rolls around watch it do its stuff! This plant has a VERY powerful fragrance similar to hyacinths or lilacs. At the gentlest breeze it sends a waft of fragrance to die for. This is why it's so excellent to plant near a window, door or pathway. When you open up your screen in the evening, this will scent your entire house.

One place that I have found the seeds for this rare plant is at Fragrant Path, PO Box 328, Fort Calhoun, NE 68023. They were about \$1 a packet, but the price may have gone up. Please write and ask them. Enjoy!

Here's another one to try. This one is called

Autumn Crocus.

In this case you can tell a lot by its name. You generally purchase it as a bulb, which are usually quite large. It does return year after year without needing to re-plant it.

In the spring it shoots up a lot of foliage, this is preparing the plant for its autumn blooms, be sure to just leave this alone. Come about June or so, this foliage starts looking like it's dying, again just leave it be.

In late August/early September, when most of the flowers are past their prime and the garden is starting to look sparse, out comes the Autumn Crocus, with their beautiful lilac colored blooms. They bloom for quite a long time when few things are blooming. A fun plant, give it a try!

This one is an annual (only lives 1 growing season) plant called Love Lies Bleeding. It's as strange as it's name.

It is very easy to grow. You just simply direct seed it in the soil (full sun preferably) where it is to grow in the spring. Its height seems to vary greatly. I've seen it be as small as about 2 feet high, and reach up to 6 or 7 feet high. Its "flowers" are long, burgundy colored ropes that hang. It is simply stunning. Always gets attention! It will usually re-seed itself so you'll get new plants the following year without doing anything.

It's best to try to find this seed in an unusual type seed catalog. It is in the amaranth family.

Here's the last one. Ever tried the hellebore family? There are many varieties. They are perennial which means they come back year after year. These are best planted in shady areas, but where they will get sun in the winter, like under leafed trees or something of that nature.

What is so unusual about hellebores is that they bloom somewhere between December and March. There are very few plants that do that! One variety is called a Christmas Rose. It's quite striking to see flowers in the midst sometimes of snow.

These plants usually must be purchased at a nursery. Check out your local nursery for this wonderful family of plants.

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Butterfly Garden Basics

by Deborah Shelton

Cultivating a special home in your yard for butterflies will introduce your children to a world of beauty and wonder. It's a project that you and your family will enjoy in the planting stages, and long after. There are five basic things to remember when planning a butterfly garden:

1. Butterflies love sunlight!

Whether you choose to plant a traditional garden or a container garden, make sure that the plants are in direct sunlight for much of the day.

2. Butterflies like to "puddle."

Your garden needs a sort of watering hole for the butterflies to drink from. This can be done by simply filling a terra cotta pot or small plastic bucket with small rocks or pebbles about two inches from the brim. Add water to fill the remaining space. Place the puddle in the center of your garden.

3. Butterflies like lots of color!

Group clusters of the same plant together to make them easier for butterflies to see. A group of colorful flowers attracts them easier than single flowers.

4. Butterflies love to eat nectar.

Use several of these nectar-producing plants to attract them: milkweed, azalea, goldenrod, black-eyed susan, zinnia, aster, phlox, Japanese honeysuckle, and ironweed. A few nectar-producing shrubs are: butterfly bush, various fruit trees, privet, lilac and redbud.

5. Butterflies need a place to lay their eggs.

Witness the entire lifecycle of your new garden friend! Provide host plants where female butterflies can lay their eggs. Some host plants include: snapdragon, violets, milkweed, daisies, parsley, dill, Queen Anne's Lace, aster and clovers.

Deborah Shelton is the author of The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones. Visit The Five Minute Parent for fun rainy-day activities, family links, and a free email newsletter filled with craft ideas, guest articles, contests and so much more! www.fiveminuteparent.com

CONTAIN YOURSELF!

by Angela Frasier

The birds are starting to migrate home, the days are getting longer, and the pottery has arrived. As I walk into the annuals greenhouse, my mind is reeling with pictures of different color, texture and height combinations. This year is sure to be a thrilling display of artistic expression. What is causing all of this excitement? I am about to plant my container gardens for the season!

How do I get started?

When I'm selecting a container, I look to make sure there are adequate drainage holes in the bottom. This is crucial! The lives of the plants you introduce to this new home depend on it. If you're buying a container without drainage holes, you need to drill your own. Not doing so will surely introduce fungal diseases to your environment, and believe it or not, a plant's roots need oxygen to grow. Next, I select a growing medium. Any type of peat-based or soilless potting mix will allow your plants to mature beautifully. This type of mix is light, and easy to pick up (unless it's a very large amount). If the bag seems heavy for its size, it's probably not what you want. If you select a bag with fertilizer mixed into the soil, that's fine, if not you'll want to pick up a small container of slow release fertilizer. This should be easy to find wherever you buy your potting mix. Sometimes I use a product called Rain-gel to mix with the soil. This is an additive that absorbs water, and will aid you in caring for your creation by releasing moisture when the soil is dry. Beware however; a little goes a long way! One of the first times I used this product, I was planting a rather large container. I figured if I put enough Rain-gel crystals in the container, it would water itself for quite a time. What resulted from that brilliant brainstorm was a gelatinous, volcanic explosion that burst it's way out of the container, and scared the passersby. One teaspoon of these crystals expands to fill about a 4-ounce container, so be sure to use an appropriate amount.

What combinations work?

Fortunately, plants are nothing like tropical fish. Although both are colorful and therapeutic, there are very few rules about what you can and can't do with plants. The first guideline to consider when container planting, is light requirement. Check the tags when buying your plants to make sure they have the same needs. You will typically see phrases like "Full sun," "Part shade" or "Shade." Their explanations are sim-

ple. As a general rule, "Full Sun" means at least 5 hours of direct sunlight. Any southern facing spot would be a consideration; even southwest may be suitable. The afternoon sun is the strongest, so if your spot is teetering on the 5-hour requirement, it's better that those are afternoon hours. "Part shade" commonly means less than 5 hours, and "Shade" plants are usually happy with light diffused through the trees, or the north side of some large structure like a shed, or your house. Remember, all things green need light to thrive, the shade plants just prefer their light to be indirect.

How do I design my container?

My advice to you on this subject is...go crazy! Basic design rules are helpful when creating your container garden, but don't let them restrict your creativity. The primary colors mixed together in a pot will give you a dramatic, eye-catching display. Different shades of the same color will give the illusion of depth. A tall center specimen, underplanted with a cascading variety of colors works every time. Don't be afraid to break the rules. Some of my favorite container gardens are perennial and annual combinations. I have a large Hosta that I underplant with something different every year. At the end of each season, I remove the annual plant material, and put the Hosta in my garage. Covered with a piece of plastic or foam insulation, it stays there through the winter without a problem. How about Red, White, and Blue morning Glories to express feelings of patriotism? These would be charming climbing up a tri-pod of branches or stakes tied together at the top. Anything goes in this world of color and life, so be brave and have fun!

Container gardening is an excellent way to beautify your surroundings. In the garden, on the porch, or anywhere you choose, you will arouse feelings of admiration and respect for the wonderful containers you design.

Continued on page 18

property values

Several months ago, after nearly fifty years as the world's most duplicated corporate franchise model, McDonald's announced the company's first quarterly loss in its history.

Subsequently, it closed 600 restaurants, shut down operations in three countries, and announced a 180-degree philosophical turnaround, promising to "diversify not codify."

Although McDonald's was not the first to franchise its products, its monopolistic success became the archetype, cloned by every other company on the quick.

The double-time proliferation of these pit stops turned scenic suburban landscapes and neighborhoods into asphalt jungles.

Forest Avenue's traffic counts made it Portland's main runway for cruise cuisine. Heaps of hot-mix asphalt, as dark and dense as Dunkin' Donuts best brew, were poured on the 2.2 mile stretch between the Arby's at Interstate-295 and the McDonald's at Morrill's Corner, paving the way for fast food junkies and drive-in jockeys.

Stately buildings not fitting the corporate mold or the codified building envelope were taken down to make room for take-out windows. Generic, concrete buildings with plate-glass windows and deep setbacks were thrown up, garnished with pole signs, blacktop parking lots, pick-up windows, and drive-through lanes.

The McDonald's Restaurant at 1208 Forest Avenue is one of Maine's sixty Big Mac markets. Each day Greater Portland's eleven outlets add to the burger broker's staggering statistics—45 million people daily, 30,000 outlets, 121 countries, more than 99 billion hamburgers digested.

The McDonald's corporation chooses and develops every site. It acquires the property and constructs the building. The franchisee equips the facility. New restaurant costs range from \$500,000 to \$1 million, depending on the size of the restaurant, area of the country, kitchen

equipment, signage, decor and landscaping. As sites are developed, the company offers them to their corporate training graduates who are approved to become owner-operators.

Filling up at McDonald's can be like pulling into a gas station, and appropriately, McDonald's 1.4-acre site is based where the Morrill's Corner Service Station and Garage stood for many years.

Morrill's Corner was named for the Morrill family, whose 32-room, three-story mansion once graced 1229 Forest Avenue, diagonally across from McDonald's. Subway Restaurant, now America's largest food chain, rests where the mansion once existed.

In sharp contrast, McDonald's operates in a 5,000-sq-ft, single-story, frame, prototype structure. Positioned on a high visibility intersection, the building is surrounded by 33,000 square feet of asphalt. With its own turn lane and traffic directional arrow, its expansive entrance is capable of bagging hordes of hungry commuters, either for its dining room or pick-up window.

The building's shingle roof forms a clearstory dormer that resembles a tinted automobile windshield. The word "PLAYPLACE" in multi-colored letters sits atop the building's front. "McDonald's" appears on the side of the building. The interior playground is equipped with television and video arcade games, giving toddlers, age 3-12, a chance to work off their sugar-and-salt rush before being strapped back into their SUVs. According to the posted rules, all children must wear socks, must not engage in name-calling or food fights, and must have adult supervision at all times, or the management will call Portland Police Department.

The signature golden arches, once structural architectural features, are now a graphic accessory. In fashionable Kennebunk, the golden arches are hardly visible, reduced to a detectable dollhouse scale. Other Maine

Building Matters: McDonald's Restaurant 1208 Forest Avenue, Portland

By Clemmer Mayhew III

communities also made McDonald's adapt to their locality.

In Freeport, McDonald's has kowtowed to the existing historic building types along Main Street. And, in Yarmouth, McDonald's took shape in a colonial-style building along US-1, looking almost as if it had always been a part of the village.

But, it is the company's color scheme that some opponents claim is unpalatable.

In California, residents objected to having a "clown-colored building" in their community. The company's pervasive yellow-and-red combinations were described as "garish and obnoxious," more fitting for a clown costume, a reference to the company's beloved mascot, Ronald McDonald.

Some communities put their foot down on McDonald's pick-up windows.

A neighborhood in downtown Toronto fought McDonald's application for a pick-up window, calling themselves a "live-in" community not a "drive-through" one.

During these cautious times of Mad Cow disease, bacteria panics, and harmful hormones, the packaging of the McDonald's image has called for desperate measures, causing some franchises to install wood paneling in their dining room. The Forest Avenue site has a lite Southwestern decor with desert prints, faux wood flooring, and plasticized booths in the main dining area.

In expanding its "diversify not codify" marching orders, the Happy Meals titan has even turned some of its restaurants into mini-theme parks.

But, the golden arches have faded. As high-paid executives struggle to reinvent McDonald's, cities are scrambling to restabilize their infrastructure, left economically and environmentally devastated from the wake left by price-driven corporations in search of the cheapest prices.

Forest Avenue was a tight-knit, pedestrian-friendly street. Once known as Green Street, it was trimmed with charming homes integrated with historic neighborhood commercial building types.

Today, only a few vestiges remain of what once made Forest Avenue a scenic corridor between Deering Oaks Park and Morrill's Corner.

Woodford's Corner with its clock tower could still be utilized as a model for reconfiguring a viable commercial neighborhood. Baxter Woods Park is a welcome meditative green space. The Clark Memorial United Methodist Church is a magnificent building.

But, yesterday's classics became today's non-conforming structures. Historic street walls vanished. Sidewalks were turned into obstacle courses.

Forest Avenue became an architectural landfill.

Buildings were constructed on block-after-block in a haphazard array, as if no one cared what they looked like, how they functioned, and most importantly, how they fit together to benefit the residents who live in the surrounding neighborhoods. Helter-skelter designs formulated by square footage and parking capacity, were built without regard to the established environment.

Even though Portland's B2-Community Business zoning prescribes neighborhood commercial uses that are sensitive to existing design and orientation, in reality, Forest Avenue exemplifies the failure of municipal government to protect the quality of life for its residents. It is difficult to measure what inducements, imagine what inspirations, or understand whose interest public officials served during the past forty years of approval processes.

While the Texaco station (486 Forest, 7,100-sq. ft. lot) is scaled for the neighborhood, the Mobil station (518 Forest, 34,000-sq. ft. lot) is not. The Midas Auto service Experts enterprise (570 Forest, 5,800-sq. ft. building) appears large enough to service Cumberland County rather than the Deering neighborhoods.

Many of the area's corner buildings were bulldozed. Parking lots and drive-throughs were put up. Buildings that once defined the area's unique character and linked it with the neighborhoods were destroyed in favor of maximizing the zoning code.

There are more than eighteen drive-through opportunities along the congested two-mile arterial. Constructed on a foundation of fear, drive-in venues were built for convenience. Customers would never leave their cars or make any physical contact.

Countless pole signs scramble to out shout each other, like graffiti-on-a-stick. Arby's triple pole signs outnumber nearby trees. Portland's Tree Fund might be more successful if it subsidized the lowering of the forest of pole signs, allowing residents to see the trees. Other signs are angled without regard for any cohesive message.

The Burger King (449 Forest) and Prompto (471-479 Forest) are out parcels in the Boston-owned Forest Avenue Plaza, which might be better dubbed, Parking Lot Plaza. They are engulfed in more than 35,000 square feet of asphalt. Asphalt is a petroleum-based product that does emit fumes in elevated temperatures, according to the Asphalt Institute. The Fill-It-Up-Please and Car Wash (1185 Forest) is saturated with more than 60,000 square feet of asphalt.

If a city's streets are the best records of its history, today's Forest Avenue appears lobotomized, alienated from its past and dislocated from its present nearby neighborhoods.

Restoring and reconnecting Forest Avenue's environmental and architectural uniqueness should be one of the city's priorities. Otherwise, the colorful containers and fast-food wrappers strewn along the railroad tracks at Morrill's Corner will continue to suffice as landscaping.

Local activists plead for Portlanders to "Save the Brazilian Rain Forest." But, who will save Forest Avenue?

greener side

Public Art

by David Neufeld

Gardeners always slow down along the street or road when they pass other gardens. We may think that public art is found in museums but if a private garden is visible from the street it becomes public art too.

The recent renaissance of gardening has sprouted displays of personal taste and enthusiasm for plants. Some people treat it as a folk art, nothing to make noise about. Others see it as exterior design complete

I spend my time off in my own two-acre garden. Am I getting tired of the whole business? Then two streets away from famous garden #1, I put the brakes on in front of a roadside gem. I am inspired.

Most of us garden for our own pleasure. But there are few more generous gifts that you may give your neighbors than beautiful gardens that they can enjoy as they drive by. It requires no invitation on your part or thank-you note on their part.



PHOTO: DAVID NEUFELD

with its pop, modern, and other trendy interpretations. Fine I say, it gives us more to gawk at while we're going down the road.

Though traditional public gardens — botanical, estate, and non-profit foundation gardens — give me opportunities for leisurely exploration and enjoyment, they often are missing a key element that excites me; a window into the gardener's personality.

When I pass a private roadside garden I am always struck by the personality of the place. If it has personality, the choice and arrangement of individual plants rarely disappoint me. There are personal gardens that have both personality and brilliant design. These are the gardens for which I stop the car or ask to look around.

In the past year I have visited a few very famous gardens. I saw them at their peak bloom times. Still, I was left with a certain feeling, disinterest? I asked myself if I was getting jaded. I spend my year designing and creating gardens for other people and

I have seen great gardens around run-down houses and shabby gardens around estates. It is an endeavor that doesn't have to match your income, only your enthusiasm.

This is a pitch for the garden space on the street side of your house. It can express your enjoyment of nature and space. The street-side garden stands out from the rest of the property in the way it can delight the public too. We rarely have time to meet all of our neighbors. The public art we get out to see is probably in the form of a movie or community event, and those only once in a while.

Then there are the gardens. It's not hard to imagine a succession of gardens, seen on your way to town, that give you, on a daily basis, the thrill that you get when you hear your neighbor belting out (on key) the lead song of a musical in your community theater. That is public art at its best.

David Neufeld wears out his truck's brakes noticing great roadside gardens.

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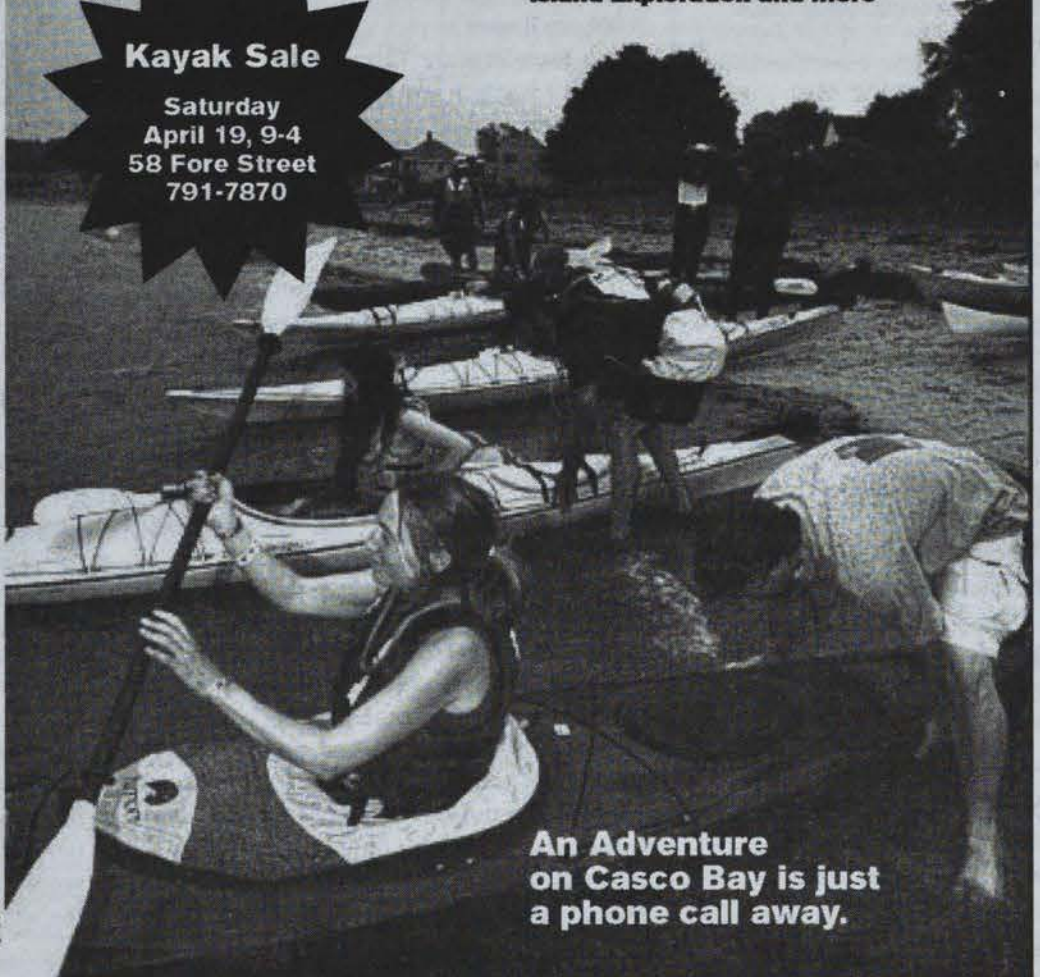
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Hummingbird's Song

by Rachel Paxton

It isn't easy running a household. There are good days and bad. Have you ever thought about what makes you have a good day?

You know, you've had them every once in awhile, a day where everything seems to go just right and you get everything accomplished that you set out to do. You even have a little energy left over at the end of the day to maybe spend some quality time with your husband or significant other.

It's easy to blame your moods on outside sources—the weather, a bad day at work, the demanding children, a cranky husband, but you're only hurting yourself when you let things go on around you get you down. You're entitled to having a peaceful state of mind even when chaos might seem to be going on around you. So what can you do about it? Often you don't realize just how easy it is to change your state of mind. It's easy fall prey to those sneaky thoughts that creep into your mind, tiring your body and mind instantly. Pay close attention to the things around you that lift your mood quite unexpectedly. You probably don't even realize those little pick-me-ups that are around you all the time to boost your spirit. Discover those hidden mood elevators, and you'll soon be cheering yourself up quite consciously! It doesn't take much effort at all. I recently found one of my mood lifters quite by accident.

My whole life I've loved wind chimes. We never had one, but I always loved visiting the homes of people who did. I just loved the sound they made. After I moved into my first home with my husband, I wanted to get a wind chime. He said he hated them, that they were annoying, so we didn't get one. Several years later I saw some on sale at 30% off, and commented to my husband how much I would love to have one. After all that time, he said go ahead and get one, it was fine with him. So I looked through them all and picked out one with a hummingbird on it. It is beautiful. When I got it home and hung it up I was so excited, just like a little kid. I couldn't believe something so simple could make me so happy. I couldn't wait for the wind to start blowing.

I've had my new wind chimes for about 2 months now, and I can't believe how they've improved the quality of my state of mind. Whenever I start feeling a little tense and start letting things get to me, the wind seems to happen to pick up just then and I hear the hummingbird's song. My mood changes almost instantly, and I'm filled with a wonderful sense of inner peace.

I hope you can find something like this that improves the quality of your life. The better you feel, mentally and emotionally, the more you will accomplish in your life. You owe it to yourself! (And by the way, my husband decided he liked the wind chimes after all.)

Rachel Paxton is a freelance writer and mom who publishes the Creative Homemaking Recipe of the Week Club, a weekly newsletter that contains quick, easy dinner ideas and money-saving household hints. Visit Creative Homemaking at www.creativehomemaking.com and in the Home and Garden section of Suite 101 - www.suite101.com/welcome.cfm/creative_homemaking.

Mow & Edge, The Basics of Lawn Care

by Jack Stone
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Speed. Accuracy. Efficiency. For anyone who has a lot of lawns to mow these three things are very important. Speed. Getting the job done as quickly as possible. The faster you can do a job, the more jobs you have time to do. Accuracy. Doing the job right the first time you do it. Having to do part of a job over wastes time. Efficiency. Doing all parts of a job in a logical, convenient order, as well as using the right tool or a better tool.

Let's apply these ideas to mowing and trimming a lawn. If you are like most gardeners the first thing you probably do when you arrive at a customer's house is mow the lawn. Next, you edge and/or line trim it. Mow and edge, that's what it's called isn't it? Yes, but the procedure is not efficient.

The edger is the first tool you should use. It's used for trimming along hard edges such as sidewalks and driveways. It's more accurate and leaves fewer divots than a line trimmer. With a proper length blade and an established edge, the edger is also faster than a line trimmer.

Next, use the line trimmer. Use this tool in such a way as to cause the trimmed grass to be thrown onto the lawn and not into beds, groundcover, and shrubbery. The line trimmer is the messiest of the grass cutting tools you use.

Finally, mow. Not only will your lawn mower pick up grass from its own activity, but it will collect a good deal of the trimmings created by the edger and line trimmer. This saves you raking, sweeping, and blowing time.

Some other ideas: Edge the entire perimeter of a lawn with the edger. Edge along hard edges as well as beds and tree wells. Since an edger cuts deeper into the soil than a line trimmer it's more efficient at cutting stolons or runners on such grasses as Bermuda and Kikuyu. An edger can also create a clean crisp straight edge along beds. This is much more attractive than the typical wavy edge left by a line trimmer.

Don't let grass grow up

against fence boards, walls, or plants. By maintaining a narrow edge with your edger or line trimmer you can prevent damage to these features as well as using less line.

Don't run your edger blade right up against concrete. Nothing works faster than concrete to turn your edger blade into an edger stub. Create an edge that's at least a 1/2" wide. Such an edge reduces wear to a blade and makes edging faster.

The line trimmer is the most dangerous of your lawn care tools. Line trimmers are notorious for the damage they cause to fence posts, signposts, bender board, fence board, and stucco. Avoiding damage to these structures is easy. It's simply a matter of trimming carefully and slowly. If time is important then you should create edges, borders or wells around or along these structures. A combination of proper edging techniques, plant growth regulators, and herbicides should do the trick quite well. Plant growth regulators can cut your edging and line trimming time by as much as 75%. Instead of trimming once per week you may need to trim only once per month.

The other landscape feature a line trimmer is dangerous around is trees. There is nothing more unsightly and amateurish than trees damaged by an inept line trimmer operator. This is the one aspect of line trimmer use that customers are concerned most about. Nothing can kill a tree faster than having its bark and vascular layers slashed by someone who doesn't know how to use a line trimmer properly. A damaged tree is susceptible to insects, fungi, and diseases. In some tree species, this can lead to a quick death. When using a line trimmer around trees and other plants be very, very careful. It's always advisable to create at least a small well around any plant that's located in a lawn.

Remember, work smart. Don't work hard, work efficiently.

Jack Stone is a Contributing Editor for ProGardenBiz Magazine, an online magazine for professional gardeners and landscape contractors. Visit ProGardenBiz to find out how you can get a free subscription, start-up guidance, business ideas and inspiration at <http://www.progardenbiz.com>.

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from where I sit So, the thing is ... We reap what we sow

by Barbara Cooper © 2003

A few weeks ago, my daughters and I planted some seeds. It was a fun project to do together because it involved digging in the dirt and talking about how plants grow, plus the sun was warm on our faces. It was a perfect day. I wouldn't have been very surprised if the seeds hadn't sprouted at all, since projects like this one make Jane very enthusiastic, and you'd think seeds are more fragile than her handling would indicate. Not to mention that I'd had those packets of seeds in my desk drawer for almost two years — that's probably not good for seeds either. But when we were finished, we had forty-eight little containers of potting soil and hope, and a very nice memory of a warm day.

Of course, I spent the next three weeks muttering under my breath as I carried all those darn containers in and out of the house since we aren't past the freezing weather. But then, about a week ago, we noticed that our little seeds had sprouted the tiniest and most fragile plants. It seemed miraculous to the kids, and frankly, to me, too. It's oddly comforting to think that if we plant seeds in good soil and we protect them from the cold and we make sure they have lots of sunlight, most of them will sprout. In the midst of all the uncertainty in the world, it's a nice reminder of growth and renewal.

So then, still taking advantage of some lovely weather, the girls and I went to feed the ducks at the large public park near our house. Afterward, we decided to walk across these big soccer fields to see an arrangement of large stones that sometimes serves as an amphitheater.

Well, Ana took off running. I let her go for a bit because I know how good it feels to run full out across a big space. Jane couldn't keep up, though, and in no time Ana was too far ahead of us and would not listen to my calls. Soon she was climbing up those big rocks. There was a man with a big dog running loose and the dog pinned Ana in a crevice — he didn't bite her but it could have been terrible and I wouldn't have gotten to her in time. I've never felt so helpless. The man passed me and asked with this 'what kind of a mother ARE you' tone, "Is that your little girl up on those rocks?" (I was too frantic to bring up the leash law right then.)

Anyway, I couldn't get Ana to come down from the rocks and then Jane started to climb and when I picked her up to bring her down, she kicked me so hard that I shook her — not repeatedly, but one shake. And then I started to cry because I couldn't believe that I was so far gone that I touched my child in anger. I am

I believe that children build confidence by meeting challenges and overcoming them, and sometimes that means that they fall off of the monkey bars. But what is the net effect if we never let them climb because of the fear of falling?

still deeply ashamed of myself. Because, of course, I wasn't really even angry with JANE.

It was a horrible end to what could have been a wonderful day. I kept thinking of all the terrible things that might have happened to Ana. She could have fallen off those rocks. That man could have been some child molester. That dog could have attacked her.

When I calmed down and got the kids back into the car and everyone stopped crying, I started to wonder if my reaction was too extreme. Am I too paranoid about my children's safety? Is the world a more dangerous place than when I was growing up? Because I can remember taking off on my bike (blue with banana seat and a big flag) and just staying gone all day. I wasn't that much older than Ana is now. I came home for meals and band-aids, but I played all over our neighborhood, as did all the other kids, and no one ever gave it a second thought. I would have run over to those rocks to explore them, too.

The media seems inordinately focused on the bad things that happen to kids and the weirdos out there who victimize them. I think we parents respond by trying to avoid every risk — every situation — that might be the least dangerous. I rarely let my children out of my sight unless they are safely within the confines of our house or at school. I feel like I say, "Be careful!" about six hundred times a day. I've heard myself preemptively tell my children, "Don't run with scissors" when they had no in-

tention of doing so anyway.

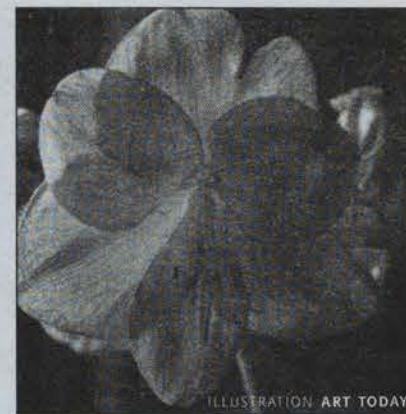
I have to wonder what this is doing to my kids. We talk to them so young now about "stranger danger" and "Good Touch, Bad Touch." Then we explain things like war and terrorism and racism. We pad them in car seats and bike helmets against accidents and they hold our hands across streets and in parking lots. We've taught them that they are safe holding our hands but what about when we're not there? Will our children grow up afraid of their shadows?

I believe that children build confidence by meeting challenges and overcoming them, and sometimes that means that they fall off of the monkey bars. But what is the net effect if we never let them climb because of the fear of falling? Are we creating a world full of fear for them? I came across an article by Ernest E. Allen, president and CEO of the National Center for Missing and Exploited Children called "Keeping Children Safe: Rhetoric vs. Reality." It is a horrifyingly factual article about child abductions and molestations. Just as I was making up my mind to build some large terrarium to keep my children in for the rest of their lives, I read this: "America's families need not live in fear, but parents need to be fully informed about the dangers their children face and the most effective ways to educate them and guard them from harm. The key to child safety is communication."

The thing is... I don't want my children to feel like victims but even more than that, I don't want them to ever BE victims. It's just so hard to prepare them for how to deal with bad people without creating a fear of EVERY-ONE. I don't know how much caution is enough and how much is too much but I am talking to my kids about potential dangers AND potential good. I'm working on not creating an atmosphere of fear. Because, you know, the world is actually more good than bad. People are mostly good.

Sometimes, maybe we have to trust that even though we can't protect them every single second, our kids are going to be okay. Maybe our children are harder than we think, just like those little seeds. If we give them a positive and warm environment and we watch for the big dangers (like freezing weather and pedophiles), we just have to go on faith that they'll flourish. Even if it means letting them take some risks. Because if we keep them in the desk drawer, they'll never get a chance to blossom.

Barbara Cooper is the mother of Ana (almost five) and Hurricane Jane (28 months) and this weekly column, called "So, the thing is..." She lives in Austin, Texas and she's going to have a LOT of basil this year. She can be e-mailed at bjm@jump.net or barb@sothethings.com.



Good news

The Barbara Bush Children's Hospital at Maine Medical Center

by Elliott Pitts

Nothing is more important than the health and well being of our families, especially our children.

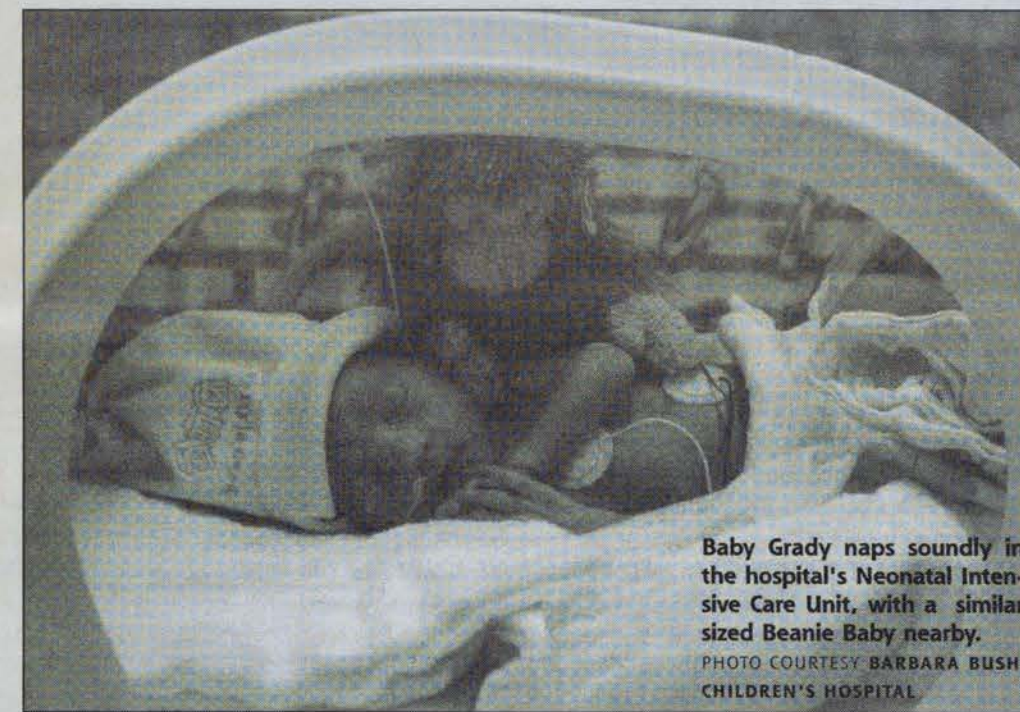
That is why Maine children and their families can feel confident that when hospital care is called for, one of the best children's hospitals is right here, with quality care close to home. Child magazine has conducted its second exclusive survey to identify the top children's hospitals in the country. The comprehensive survey—whose results appeared in the February 2003 issue—was based on strict criteria and data compiled during the magazine's extensive 9-month investigation. The Barbara Bush Children's Hospital at Maine Medical Center appears on the list at number 20.

"We have been a nationally accredited chil-

els of surgery and intensive care. These programs and services extend throughout the state and together treated over 45,000 children in 2002. These children came from every county in Maine and New Hampshire, 37 other states and 10 other countries. All the while, the hospital strives to build a healthier Maine—one child, one family, one community at a time.

Maine's children deserve the best, and thanks to continued statewide care and support they'll find it at The Barbara Bush Children's Hospital at Maine Medical Center.

While The Barbara Bush Children's Hospital is made up of many programs and services, the hospital still relies heavily on community support and participation.



Baby Grady naps soundly in the hospital's Neonatal Intensive Care Unit, with a similar sized Beanie Baby nearby. PHOTO COURTESY BARBARA BUSH CHILDREN'S HOSPITAL

den's hospital only since 1998," says Paul Stern, MD, Chief, Department of Pediatrics, "so this is a great accomplishment for us. It provides external validation of our quality. We benefit from the quality of the 'mother ship,' Maine Medical Center. The Child ranking reflects the excellence of our environment of care, of nurses, doctors, child life staff, social workers, and everyone who cares for children here. It also reflects our range of programs, from those enhancing the health of children in our community to our tertiary care programs and our excellent training programs."

At Maine's only children's hospital boys and girls receive the best, most complete medical care possible. Everything is focused on the child and the family, from the way medicine is practiced to specially designed rooms. There's nothing like it anywhere else in Maine.

The Barbara Bush Children's Hospital is made up of many quality programs and staff, treating everything from minor injuries to childhood cancer and the most complex lev-

There are many ways to support The Barbara Bush Children's Hospital at Maine Medical Center. Consider attending The Best of Broadway, a wonderful evening of song and dance featuring some of Maine's best singing and dancing talent will be on stage at Merrill Auditorium on May 10 to benefit The Barbara Bush Children's Hospital. This performance sold-out last year so call PORTTIX early at 842-0800 for tickets. Or you can tune into the annual Children's Miracle Network Broadcast Weekend aired live on WGME Channel 13 on May 31 and June 1. Broadcast hosts Kim Block and Dave Eld will introduce you to the children and families cared for at the Barbara Bush Children's Hospital. Events that the hospital often puts on and needs help for includes: a telethon, a radiothon, a bike race, a craft fair, golf tournaments, fishing tournaments, auctions, musical reviews, and safety fairs. You can get more information about volunteering, making a donation or participating in an upcoming event, please call us at 207-871-2101.

Non-profit new\$

Team In Training The Leukemia & Lymphoma Society

by Betina Clark

Founded in 1949, the Leukemia & Lymphoma Society is the world's largest voluntary health agency supported entirely by public contributions. Dedicated to funding blood cancer research, education, and patient services, their mission is to cure leukemia and its related cancers, lymphoma, multiple myeloma and Hodgkin's disease, and improve the quality of life of patients and their families.

The Massachusetts chapter services Massachusetts, Maine and New Hampshire. Educational materials are sent, free of charge, to individuals and health care professionals in hospitals, agencies and libraries. The society has five priority programs to help them reach the goal of finding a cure for and elimi-

drasses the continuing education needs of the health care professional.

Team In Training, the Leukemia & Lymphoma Society's signature fundraising campaign, began in 1986 with a single runner in the New York Marathon, named Lucy Duffy. Team In Training is the #1 endurance-training program in the country, accounting for 30,000 endurance athletes last year. Participants undergo personalized training to run or walk in the marathon, to cycle a 100 mile century or to complete a triathlon while raising money to support the society's mission. Participants raise funds through individual donations and corporate sponsorship. 76 % of these funds will go directly to research and the other programs in support of the mission.



Sally Horne (left) and Betina Clark (right) with Team In Training (TNT) raise awareness and loose change for The Leukemia & Lymphoma Society in Portland's Tommy's Park. In June the two will also be walking a 26.2 mile marathon in Anchorage, AK with Team In Training on the Summer Solstice this year to bring even more resources to the good cause. PHOTO ILLUSTRATION MICHAEL ERIC BERUBE

nation of Leukemia and related cancers.

The Research Program supports researchers (20% of nearly 400 researchers are located in MA, NH and ME) with grants and fellowships.

The Patient Aid Program provides patient aid, of up to \$500.00 annually, for things such as blood support, drugs, transportation and parking.

The Public Education Program provides current information on leukemia and its related cancers free of charge just by calling the chapter office (1-800-688-6572).

The Community Service Program helps community service agencies meet patient needs and conducts life saving Bone Marrow Donor Drives.

The Professional Education Program ad-

Learn more about Team In Training by attending an informational session at the Holiday Inn By the Bay or call Diane Smith at 1-855-600-8991 and check out the website <http://www.teamintraining.org>

On Monday April 14th Betina Clark and Sally Horne, two Team In Training members, will be doing a "Loose Change Drive" in Tommy's Park from 9am-6pm. Bring down all that loose change or bills and help find a cure. Betina and Sally's endurance event they are training for is a 26.6-mile walk in Anchorage, Alaska on June 21, 2003.

Donations can also be sent to Betina Clark, 22 O'Brien St. #6, Portland, ME 04101. Please make checks payable to the Leukemia & Lymphoma Society.

restaurant row

American

THREE DOLLAR DEWEY'S A restaurant and pub with 70 different kinds of beer, full bar and hearty pub fare. Specialties include 3-alarm chili, smoked seafood chowder and our fish and chips, prepared with fresh haddock. We also serve a variety of burgers, nachos and many vegetarian entrees. Specials changing daily. 241 Commercial St. Portland. 772-3310.

WOODY'S BAR & GRILL Serving creative fast food cuisine. Featuring local natural beef and chicken, and focus on fresh local ingredients. Make sure to try the already famous "Woody Burger," and the soon to be famous Fish Tacos. Daily specials include natural steaks, vegetarian and vegan dishes, soups and wine. There's also gelato and other fresh desserts. Woody's serves this all up in a relaxed, cozy and casual atmosphere. "A burger joint in the best sense of the word," says *Portland Press Herald*. Open 7 days a week Sun-Fri 5pm-10pm, Sat at 4pm. 43 Middle St, Portland. 253-5251. www.woodysburgers.com

THE BREAKAWAY Now open 12-5pm daily for lunch! Hearty pub fare including a fantastic barbeque on Wednesdays on the deck featuring burgers, ribs and steaks! Check out our changing menu daily. Smokers welcome. See our ad in the clubs section for date info on nightly entertainment! 35 India St, Portland. 541-4804.

Asian/Chinese

ORIENTAL TABLE Szechuan, Hunan and Cantonese. We will prepare any of our dishes to your liking. We are happy to accommodate your special request; please let us know your preferences. We serve many vegetarian and heart-smart choices. Hrs: Mon-Thurs 11:30am-8pm, Fri & Sat 11:30am-9pm, Sun closed. 106 Exchange St. (top of the Old Port) Portland. 775-3388, Fax: 772-3388. **FOOD:★★★★1/2**, **service:★★★★**. **VALUE FOR THE \$:★★★★** from *Portland Press Herald-Go Cheap Eats*, Nov., 2000.

WOK INN Szechuan, Hunan, Cantonese and Thai. Excellent food, fast and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Sun-Mon 11:30am-9:30pm, Tues-Thurs 11am-11pm, Fri-Sat 11am-2am. 1209 Forest Ave, Portland. 797-9052 or 797-9053.

Barbeque

BEALE STREET BARBEQUE & GRILL Under the bridge in Knightville, South Portland. Features hickory smoked and grilled meats, poultry, fish and seafood as well as creative daily lunch and dinner specials. Full bar featuring Maine microbrews on tap. Reservations are not accepted. Children are welcome. Open all day, seven days a week. 90 Waterman Drive, South Portland. 767-0130.

Café

BINTLIFF'S AMERICAN CAFE (Serving Brunch Daily 7am-2pm.) Featuring ... custom omelettes,

tortillas, specialty benedicts, homemade granola and other American Fusion Cuisine. Full bar and everything is complimented by warm, comfortable Greek Revival surroundings. 98 Portland St, Portland (across from the Post Office.) 774-0005.

FRIENDSHIP CAFE Enjoy breakfast and lunch in a friendly, casual atmosphere. For brunch, over-stuffed omelettes, fresh quiche, pancakes and more served all day. Lunch includes a wide variety of soups and sandwiches. Daily lunch and brunch specials also available. Specialty coffee drinks. Rated **★★★★** in *Go* magazine. Open Mon-Sat, 7am-2pm, Sun 7:30-2pm. 703 Congress St, Portland. 871-5005.

THE WINE BAR & RESTAURANT Enjoy the popular lobster brie ravioli or spicy crabcakes in the historic Old Port. We offer 120 labels on our wine list with 10 weekly changing wines, available by the glass, and cocktails too. Open 7 days at 5pm. 48 Wharf St, Portland. 773-6667. www.cafeatwharfstreet.com

Cajun

BAYOU KITCHEN Serving some of Portland's most unique cajun style b-fasts and lunches for 13 years. We now proudly offer dinner on Fri nights. Our dinner menu changes weekly and includes: Special Jambalayas, our Award Winning Gumbo and Beef Chili and caesar salad topped with blackened catfish. Call for this week's specials! Sorry credit cards not accepted. See our review at www.foodinportland.com. 543 Deering Ave, Portland. Open Mon-Sat 7-2 and Sun 8-2, Fri Dinner from 4:30-8pm. 774-4935.

Continental

BASIL'S RESTAURANT & LOUNGE Basil's at the Highlander Inn, features creative continental cuisine as well as an excellent wine selection that offers traditional elegance combined with the warmth of home. Whether dining in our glass enclosed veranda, our main dining room, or just enjoying a cocktail in our lounge, you'll be pampered by the friendliness and dedication to excellence in service of our staff. 2 Highlander Way, Manchester, NH. (603) 625-6426.

Delicatessen

FULL BELLY DELI "By George We're Good." Offering breakfast, lunch, dinner, catering and meats/cheeses by the pound. Choose from a variety of kosher style sandwiches such as hot pastrami, corned beef and chopped liver. Also, hot and cold sandwiches, burgers, pizza, soups, salads and more. Or, start your day with a breakfast sandwich, omelette or bagel. Mon-Fri 7am-7pm, Sat 7am-4pm Pine Tree Shopping Center. 772-1227.

Eclectic

100 CONGRESS A True American Bistro, serving Tues-Sun with live music Sun evenings. Come join us on the East End and experience a whole new side of Portland dining. Intuitive, creative and always changing. Everything a neighborhood restaurant should be. Call for reservations. 775-7772.

THE ALEHOUSE Featuring "Portland's Best

Burger" and "Portland's Best Bar" (CBW Best of Portland readers' poll 2001 and 2002). Over 100 beers including homemade root beer. Now serving Bray's Beer! Open noon-1am daily. 30 Market St, Portland's Old Port. All Major Credit Cards. 253-5100.

AURORA PROVISIONS is a treasure located in the heart of Portland's West End at 64 Pine St, 1 1/2 blocks from Congress Street's Longfellow Square. Aurora is well known for delicious cafe lunches, gorgeous "take-home" dinners, off premises catering, exciting wines, unique gifts and free parking. Come see us mornings for great coffees and breakfast treats made daily. Open Mon-Sat 8am-6:30pm. 871-9060.

BIBO'S MADD APPLE CAFE Located right next to the Portland Stage Co. at 23 Forest Ave, Bibo's features American Bistro Fare focusing on fresh local ingredients, artfully presented. Bibo's also features an extensive eclectic wine list. Serving lunch Wed-Fri 11:30-2, brunch Sun 11:2-3 and dinners Wed-Sat from 5:30 and Sun from 4. Rated **★★★★** by *Maine Sunday Telegram* and 5 plates by *foodinportland.com*.

BLACK TIE continues to serve a casual yet intimate lunch Monday through Friday in the Old Port. The take out cafe on Middle Street offers lunch and dinner, wines, desserts, hostess gifts and more. Always serving fine fare prepared by Maine's largest catering establishment. Black Tie Cafe: Portland 761-6665; Black Tie To Go: Portland 756-6230.

CLAYTON'S GOURMET MARKET, CAFE & BAKERY Coastal Maine's most unique gourmet market and cafe. A five-star lunch cafe with overstuffed sandwiches, delectable soups and salads, as well as a full-service bakery. Bulk candies and chocolates for the young with fine wines, savory cheese, pates, fresh breads and gourmet groceries for the young at heart. Open Tues-Sat. 189 Main St, downtown Yarmouth 846-1117.

DAVID'S CREATIVE CUISINE An established Portland favorite, David's offers casual fine dining in a comfortable atmosphere. Featuring nightly specials made with the finest local ingredients, fresh baked bread and professional wait-staff. Extensive wine list, full bar and the best single malt scotch selection in Portland. Located on Monument Square across from the Portland Public Library, within walking distance to Merrill Auditorium. Reservations recommended. Lunch 11:30-4 Mon-Fri. Dinner 7 nights at 5pm. Sun night jazz 6-9pm. 773-4340.

GREAT LOST BEAR Full bar — now featuring 50 beers on tap. Extensive menu ... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodfords area. MC, Visa, Amex accepted. Parking. 540 Forest Ave, Portland. 772-0300.

MAINE BEER & BEVERAGE Located at 79 Commercial St (across from Casco Bay Lines) is now an agency liquor store! Also find cigarettes, cigars, soda, juice, coffee, chips, snacks, wine, flowers and sundry items. Open 10am-8:30pm Mon-Sat, 11am-6pm Sun. 79 Commercial St, Portland. 828-BEER.

PAT'S GROCERIA CAFE Above Pat's Meat Market. Come and discover the jewel of Deering Center. Featuring rustic Mediterranean fare with fresh

meats from Pat's Meat Market, fresh local seafood and local produce. Enjoy our beautiful second floor deck for an unforgettable treetop dining experience. Serving dinner Tues-Thurs from 5-9pm and Fri and Sat from 5-9:30pm. Deering Center, 484 Stevens Ave, Portland. 874-0706.

PEPPERCLUB 78 Middle St, Portland. Credit Cards • Free Parking • Open 7 nights • Chef Owned. Changing menu serving world cuisine. Homemade bread and soups. Local seafood and meat, chicken, vegetarian/vegan - entrees from \$7.95-\$13.95. Over 25 wines by the glass, organic wine and beer selections. CBD organic coffee, handmade desserts. Now open Sun and Mon at 5pm. 772-0531, FAX 879-9597.

Japanese/Korean

BENKAY Sushi Bar and Japanese Restaurant. Known for premier quality sushi, traditional and fancy maki rolls, tempura, teriyaki, sukiyaki, shabu-shabu. Elegant dining for the discriminating sushi lover. Delightful vegetarian and cooked selections. Serving lunch and dinner; Rock 'N Roll Sushi Thurs-Sat until 1am. 2 India St, Portland (India at Commercial). 773-5555.

OISHII JAPANESE FOODS Quick, healthy Japanese-inspired foods to go! Choose hot entrees such as Katsu, Ramen, Yakisoba, Curry, Chahan, Udon, Ginger-Pork, just to name a few! We have the best California, Tuna, Spicy Tuna and Inari-zushi in town! Check in daily for our popular sushi and entree specials. Call-in orders encouraged. Portland Public Market. 25 Preble St, Portland. 228-2050.

NARA SUSHI NEW in South Portland! Treat yourself to exquisite Japanese and Korean cuisine, featuring a full range of Sushi, sashimi and maki as well as favorite Japanese and Korean dishes presented by New York sushi chef Kazo Ozaki. Open Mon-Sat 11:30am-2pm for lunch, 4pm-10pm for dinner and Sun 4pm-9pm. 50 Maine Mall Road, South Portland. 772-0006 or Fax 772-4440.

Mexican

AMIGOS Maine's first Mexican restaurant. Celebrating 25 years in the Old Port. Full Bar - Happy Hour 4-8, Microbrew specials. House specialty, Beef, Chicken Habanero dinner (not for the faint of heart) Hours: Lunch: Tues-Sat 11:30am-2:30pm, Dinner: Tu-Th 5-9, Fri & Sat 5-10. Lounge & Patio: Sun-Mon 4pm-1am, Tues-Sat 11:30am-1am. Take out available. 9 Dana St., Portland. 772-0772.

GRANNY'S BURRITOS All of your Mexican favorites featuring Portland's Best Burritos. Everything prepared with fresh ingredients and made daily on premises. Start with nachos or quesadillas, then try one of our burritos (chicken mango, sweet potato, vegan, beef, etc.) or create your own! Beer and wine, music upstairs in Granny's Attic. M-Th 11-10pm, F 11-12, Sat 12-12, Sun 12-9. 420 Fore St. 761-0751.

Seafood

J'S OYSTER Enjoy white linen quality dining in a relaxed atmosphere with a lovely view overlooking Portland's working harbor. Savor our specialty

restaurant row

shellfish and pasta dishes and much, much more. MC/Visa/Discover accepted. Parking in adjacent lot. 5 Portland Pier, Portland. 772-4828.

GILBERT'S CHOWDERHOUSE Enjoy fresh Maine seafood and award-winning chowders in a casual atmosphere. Daily lunch and dinner specials including all-you-can-eat Friday Fish Fry 11am-4pm only \$6.95. Full bar featuring local microbrews. Take out menu available and all major credit cards accepted. 92 Commercial St., Portland. 871-5636.

Steakhouse/Seafood

MOLLY'S STEAKHOUSE & IRISH PUB Specializing in choice sirloin steak, prime rib, and Shepherd's Pie. Molly's is an Old Port favorite. Serving hearty pub fare including Molly's Mile High Reuben. Molly's accepts most major credit cards. 46 Market St., in the Old Port, Portland. 761-4904.

Thai

THAI TASTE Distinctive Thai Cuisine. Rated **★★★★** for Food, Atmosphere & Service by *Portland Press Herald*. Winter Hours: Lunch: Mon-Sun 11:30-2:30pm; Dinner: Sun-Thurs 4:30-9pm;

Fri & Sat Hours: 4:30pm-10pm. 435 Cottage Road, South Portland. Across from Portland Theater. www.thaitastemaine.com, 767-3599.

WOK INN Szechuan, Hunan, Cantonese & Thai. Excellent food, fast and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Sun-Mon 11:30am-9:30pm, Tues-Thurs 11am-11pm, Fri-Sat 11am-2am. 1209 Forest Ave, Portland. 797-9052 or 797-9053.

Vegetarian

LOIS' NATURAL MARKETPLACE DELI & CAFE Enjoy wheat free muffins and scones from our bakery. Great vegetarian soups and other vegetarian and vegan house specialties including: vegetarian stuffed cabbage, sweet 'n sour meatballs, grilled tofu and organic greens. For lunch: organic green salads and roll up sandwiches. Simply the best natural foods deli anywhere. Diners to go also available. Deli open daily. Cafe open 8:30am-6pm Mon-Fri. 152 US Route 1, Scarborough. 885-0602.

MOLLY's

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Popular Demand!

SUNDAY BRUNCH

9am-3pm

Lots of Great Food in a Fun Atmosphere

MOLLY's
Steakhouse & Irish Pub
46 Market Street, Portland • 761-4094 • Bar Open at 4:00

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friend receives will be complimentary.

Some restrictions apply.
Call paradiso for details.

or visit us on the web at www.paradisosalonandspa.com

People, Places, and Plants Flower Show

By Tracey L. Bérubé

Photography by Michael Eric Bérubé, www.goodphotos.com



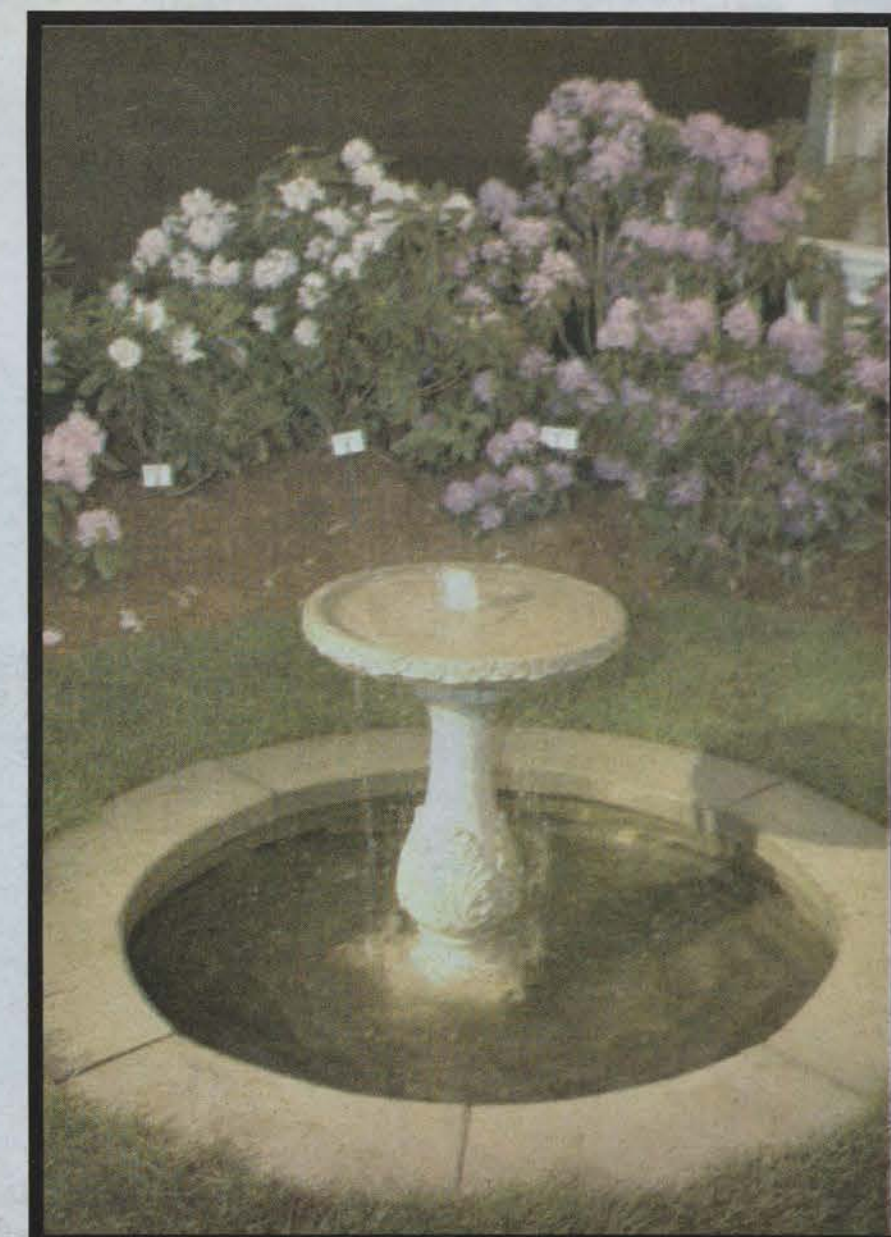
Ah, the smell of spring. Fresh dirt, green grass and beautiful flowers. The first People, Places, and Plants Flower Show was a record breaker. Over 41,000 were in attendance overall which was 13,000 over the highest previous record when it was the Portland Flower Show.

The exhibits were gorgeous, 27 in all. Among the displays were landscapes of granite, an early American kitchen garden entitled "Early Settlers", and a Provençal style garden. Exhibits using water including ponds and waterfalls offered up creative ideas for the gardener. One of the highlights was an awe-inspiring four seasons display entitled "Full Circle" with a beautiful woodland nymph that seemed to captivate all who gazed upon her. "Full Circle" won three awards for Mark's Lawn and Garden in Bridgton: The John Skillins Award, The Spring Flower Show Theme Award, and the People's Choice Award. For a complete list of all the awards and the winners check out People, Places, and Plants' website at www.ppplants.com.

Eighty-eight vendors offered winter weary shoppers everything from gardening equipment and exquisite pottery to plants, of course! Nine food vendors provided a variety of choices including pasta, organic salads, pizza and ice cream for dessert.

Lots of smiles could be seen even though the show did have to close its doors a few times. The maximum capacity, which was determined by the Chief of Police and the Fire Marshall, was 3,000 at one time. Melissa Coleman, Director of New Media at People, Places, and Plants magazine, stated that right now next year's show is "to be determined because there is no place to do it." People, Places, and Plants would like to expand the show and have more parking in the future and they are hopeful that a convention center will be built in order to accommodate an expansion.

So if you want to jump start your senses and shake that cabin fever after a long cold winter, then be sure to clear your calendar for the first week in March next year and go to the flower show!



Calendar 4.10-4.16.03

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, or e-mail: listings@maine.cb.com.

Thursday, April 10

Visual Arts Night at Curtis Memorial Library

Get a taste of the art scene beyond the city limits at this presentation and discussion of the artistic process. Featured presenters include Natasha Kempers-Cullen of Topsham, fiber and textile artist; Richard Keen of Richmond, painter and Diane deGrasse of Brunswick, watercolor painter. Coordinated by the Center for Maine Contemporary Art. 9pm at Curtis Memorial Library, 23 Pleasant St, Brunswick. 725-5242.

An Evening with Tony Kushner

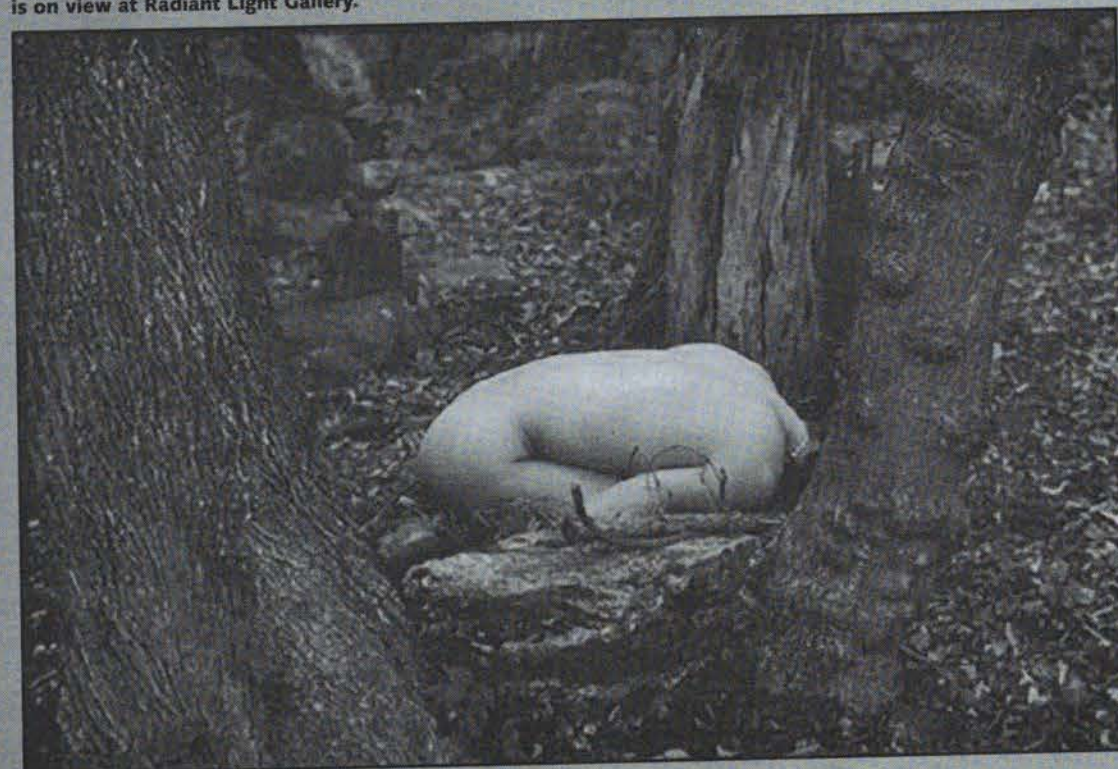
In the face of another consciousness-shaping national crisis, the work of playwright Tony Kushner has renewed relevance. The recipient of the Pulitzer, two Tonys, and other awards for *Angels in America* will discuss his work, take questions from the audience, and sign books. 7:30pm at Pickard Theater, Bowdoin College in Brunswick. Though this event is free, tickets are required. 725-3375.

Friday, April 11

Women Wearing Only Light:

A World Premiere of Leonard Freed's *Female Nudes*, with images by Dennis Coughlin. Photojournalist Leonard Freed is noted for his images of social discrimination, oppression and violence as well as lyrical images of ordinary life. Coming into prominence in the 1960's, he was invited to join the prestigious Magnum Photo Agency in 1972. Freed's female nudes represent a radical departure from his previous work. The highly textural, abstract images are an insight into the depth of this renowned photographer's personal vision. The exhibit opens at 6pm at Portland's Radiant Light Gallery on 142 High Street. 252-7258.

Kate in the Woods by Leonard Freed is on view at Radiant Light Gallery.



The Hurdy-Gurdy Puppet Show presents The Birthday of the Infanta at St. Lawrence Community Arts Center.

Saturday, April 12

Native American Flute Playshop

Join the White Owl Duo — author, composer and music educator Laura Perkins and her husband Ken — as they gently guide you through the process of playing the Native American Flute. Play beautiful melodies while accompanied by drums. The session is \$25. Contact 879-SONG for tickets. 1:00-3:30pm at Falmouth Memorial Library, 5 Lunt Road, Falmouth.

The Birthday of the Infanta

The Hurdy-Gurdy Puppet Show presents their latest creation. The performance, suitable for all ages, is being held at St. Lawrence Arts and Community Center, Portland. Shows at 10am, 11am and noon. \$3. 775-5568.

Friday, April 11-Sunday, April 13 Cambodian New Year

Local festivities begin with a ceremony and feast, held annually at Chestnut Street Church. 9am-2pm. Donation requested for admittance, 761-1545. The party continues with music and dance at Stevens Avenue Armory. \$10, 7pm. Finally, as part of its month-long focus on Asian culture, the Center for Cultural Exchange celebrates Cambodian New Year in grand style. Events will include dancing for all and performances by the Cambodian Dance Troupe. 2pm at the Center for Cultural Exchange. 761-1545. All events take place in Portland.

Sunday, April 13

Portland String Quartet

What a wonderful way to spend Sunday afternoon with the family. The PSQ performs *Danube Reflections* with guest oboist Louis Hall. A pre-concert lecture begins at 2 pm and a reception will follow the 3pm performance. Woodfords Congregational Church, Portland. Free admission for those 21 and under, \$18 to \$20. 761-1522.

Quick Picks

(4/10) Architalx lecture focusing on architecture and design issues; ticket sales begin at 5 p.m., Portland Museum of Art, Portland, ME, \$5, 775-6148, Walter Hood, founder of Hood Design, 6 p.m. 990-1201.

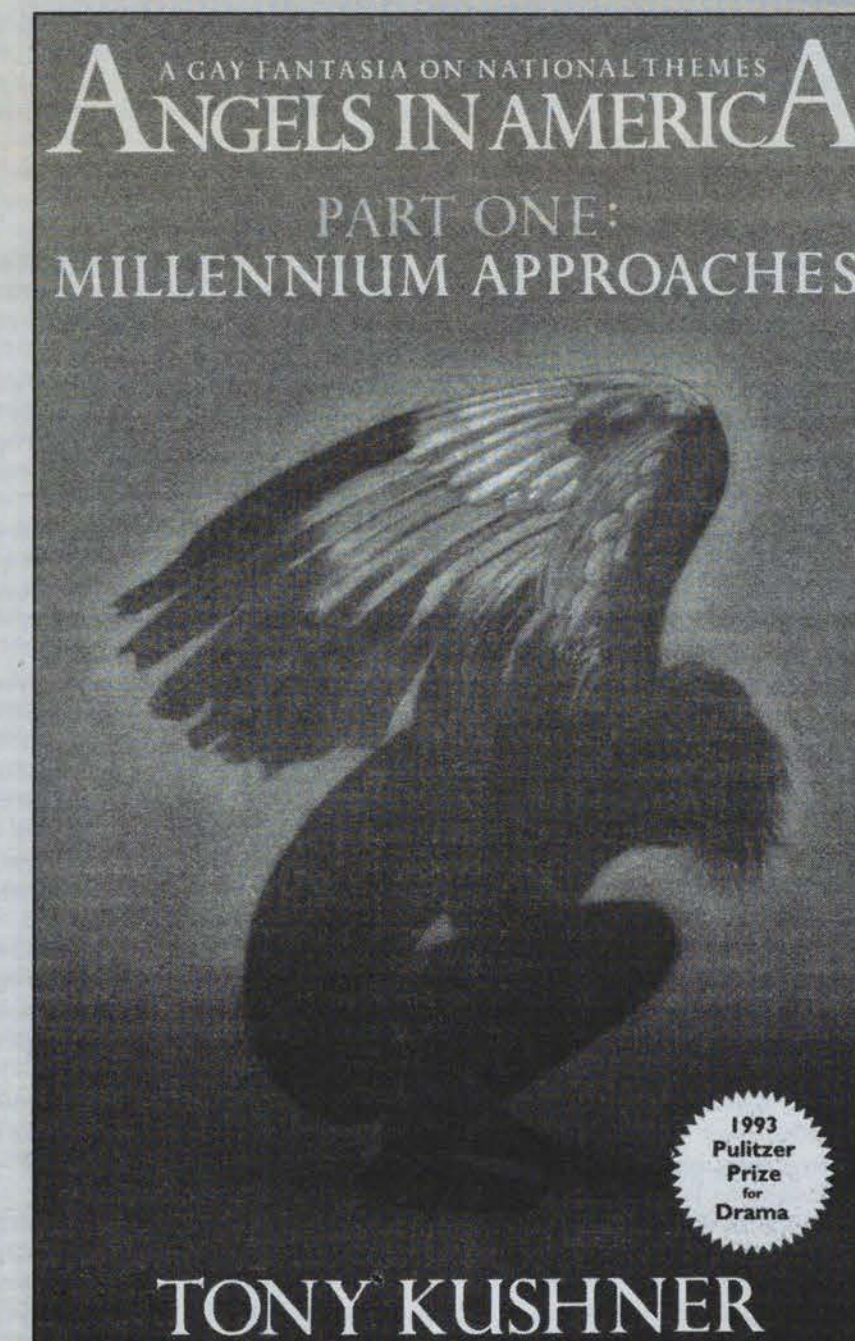
(4/11) Wish Theater presents *In the Heart of America*, a drama examining America's war involvement. 7pm at Bowdoin College, Brunswick. Free, 725-3375.

(4/12) Ye Olde Medieval Feast with meal, storytelling, costume contest, belly dancing, music; bring your own spoon and knife; sponsored by West Bath Volunteer Fire Department. Tickets available at local stores and through the West Bath FD. \$15 to \$20, 7-10 pm.

(4/13) The Movies in Portland shows the documentary *Fidel* at 3pm. Proceeds benefit the Let Cuba Live Committee of Maine. \$10, 725-1330.

(4/15) Gain insight into the creation of art in the midst of adversity with Theminkosi Goniwe. Goniwe will present "Traces and Reflections of a Black South African Artist." as part of Bowdoin College's lecture series. 7:30pm, Visual Arts Center, Brunswick. 725-3396.

Tony Kushner, Pulitzer-winning playwright, speaks at Bowdoin College.



Maine State Music Theatre presents Vicki! A Musical Celebration.



Vicki! A Musical Celebration

Maine State Music Theatre kicks off its 45th Anniversary Season with a musical tribute to its founder, Victoria Crandall, on her birthday, April 13th. The concert will take place that Sunday at the Orion Performing Arts Center at the Mt. Ararat Middle School in Topsham. It will begin at 2:00 and feature music from the shows produced in Vicki's inaugural 1959 season, as well as selections from the upcoming summer season. This fundraising event will also bring to the stage MSMT favorites from the recent past, present and future. 2pm at Orion Performing Arts Center, Mt. Ararat Middle School, 50 Republic Avenue, Topsham. 725-8769.

Tuesday, April 15

Portland Symphony Orchestra

The PSO performs *Peter and the Wolf* for its youth concert series for children ages 7 to 13; children must be accompanied by an adult. 9:30 and 11am at Merrill Auditorium, Portland. \$5, 773-6128.

Maine Wildlife Park

Spring has sprung, weather permitting. Featuring 25 species of live animals, exhibits, trails and special programs, The Maine Wildlife Park is scheduled to open today. The Gray-based park is open daily from 9:30am to 4:30pm, and there are demonstrations most Sundays from 11 am to 2pm. The opening will be postponed in the case of inclement weather. Free for children 4 and under, \$3 for children and \$4.50 for adults. 657-4977.

Wednesday, April 16

Symposium Day

Don't miss this showcase of student and faculty work including art, readings, performances, research and presentations. Events at various locations all day at the University of Maine, Farmington. 768-2809.

listings

HAPPENINGS

Thursday, April 10

Bowdoin Christian Fellowship, 9pm, Hubbard Hall, Conference Room West, Bowdoin College, Brunswick. 725-3375.

Cancer Survivors meeting, 6-8pm, Falmouth Memorial Library, Falmouth. 781-2086.

Critics Choice, Portland personalities introduce a favorite film. Tonight's host designer Angela Adams. Discussion will follow. 7pm, free, ICA at MECA, Porteous Building, Portland. 725-3052.

The Girls & Women Can! Job Fair for women interested in exploring non-traditional careers, 11:30am-7:30pm, YWCA, 87 Spring St., Portland. 623-7576.

Pulitzer Prize and Tony Award winning Playwright Tony Kushner will give a talk, 7:30pm, Pickard Theater, Bowdoin College, Brunswick. 725-3375.

Senior Men's Slow Pitch Softball organizational meeting for 2003 season, 7pm, St. Peter's Episcopal Church, 667 Washington Ave., Portland. 775-6503 or achandler@smaa.org.

Zodiac Parties, Aries party, 9pm, \$5 (aries in free), Bubbas Sulky Lounge, 92 Portland St., Portland. 408-5763.

Friday, April 11

Film Marathon, almost 24 hours of highlights in narrative film history, ICA at MECA, Porteous Building, 9am-4am, free. 775-3052.

"Life and Debt," (film) the award-winning documentary by Stephanie Black, 7pm, Sills Hall, Smith Auditorium, Bowdoin College, Brunswick. 725-3552.

"Rock 'n' Roll High School," (film) 7pm, Kresge Auditorium, Visual Arts Center, Bowdoin College, Brunswick. 725-3375.

The Untold Story: Alumni and Student Voices on Working for Change at Colby. Past and present students share their attempts to make Colby an open, welcoming environment for all regardless of gender, race, sexual orientation or class, Given Auditorium, Bixler Art and Music Center, Colby College, Waterville. 872-3747.

Saturday, April 12

11th Annual Sweetser Sold on Kids Benefit Auction, features dinner and a live and silent auction, and live entertainment, 6-10pm, \$35, Marriott at Sable Oaks, South Portland. 842-2421 or SoldonKids@sweetser.org.

"24 Hour Party People," (film) 7pm, Sills Hall, Smith Auditorium, Bowdoin College, Brunswick. 725-3375.

Aprilfest 2003, duo Jazz Concert featuring Frank Carlberg and Klaus Suonsari, 8pm, \$12/\$15, Starbird Music recital hall. 828-1310.

Celebrating Gershwin, an evening of music featuring the most popular songs from one of the most popular American composers ever, 7pm, \$8/\$10, Schoolhouse Arts Center at Seabog Lake, Rt. 114, Seabog Lake Village. 642-3743.

Children's Literature Conference, 8am-4:30pm, University of New England Westbrook Campus, Stevens Ave., Portland. 729-6333.

Dido and Aeneas, Purcell's only opera based on Virgil's epic poem, The Aeneid, 8pm, \$5/\$3, Corthell Concert Hall, USM Gorham. 780-5555.

Faculty Recital: Richard Nelson Quintet in Concert, 7:30pm University of Maine at Augusta, Bangor Campus, 201 Texas Ave., Bangor.

Fashion Show: The Bowdoin Asian Students Association presents its annual fashion show, 8:30pm, David Saul Smith Union, Morrell Lounge, Bowdoin College, Brunswick. 725-3375.

"Happenance" (2001 film), 7pm, \$5/\$2, Room 104, Olin Arts Center, Bates College, Lewiston. 782-7228.

International Extravaganza - a celebration of international culture and cuisine, Page Commons Room, Cotter Union, Colby College, Waterville. 872-3338.

"The Large Form," presented by Colby Wind Ensemble under the direction of Eric Thomas, the ensemble will perform works that celebrate space, heaven and Hades, Lorimer Chapel, Colby College, Waterville. 872-3236.

Little Paws Animal Shelter and The Maine Freeze Women's Football team have joined forces to host "Make a Difference Day," to promote public awareness for the need for animal shelters and the importance of safe, healthy animal care, 10am-4pm, Little Paws Shelter, 27 Portland Rd., Buxton. 284-8679.

Rock and Gem Show hosted by the Maine Mineral & Geological Society, 10am-5pm, \$4/\$3, University of New England, Westbrook Campus, Finley Gym, Stevens Ave., Portland. 784-1738.

Meet the Artists in the 2003 Portland Museum of Art Biennial, 11am and 1pm, Portland Museum of Art, 7 Congress Square, Portland. 775-6148 x3227

"Smuckers" Stars on Ice, 7:30pm, \$58/\$42, Cumberland County Civic Center, Spring St., Portland. 775-3458.

Sunday, April 13

12th Annual Fashion Show presented by the Fashion Merchandising Program at Portland Arts and Technology High School. "Fashion Diversity," 7-9pm, PATHS, 196 Allen Ave., Portland. 874-8165 x334.

Aprilfest 2003, "Change of time" jazz trio featuring Russ Lossing, Adam Kolker, and John Hebert, 8pm, \$12/\$15, Starbird Music recital hall. 828-1310.

Antiques Show, 10am-3pm, \$3.50/\$3, Bath Middle School, Bath. 443-8983 or ptprom@susconne.net.

Cambodian New Year Festival, come celebrate the Year of the Goat with lavish dance and music presentations, 2pm family matinee, Center for Cultural Exchange, 1 Longfellow Square, Portland. 761-0591.

"Happenance" (2001 film), 7pm, \$5/\$2, Room 104, Olin Arts Center, Bates College, Lewiston. 782-7228.

Maine State Music Theatre kicks off its 45th Anniversary Season with a musical tribute to its founder, Victoria Crandall, on her birthday. 2pm, \$20/\$25/\$30, Orion Performing Arts Center, Mt. Ararat Middle School, Topsham. 725-8769.

Meet the Artists in the 2003 Portland Museum of Art Biennial, 1pm, Portland Museum of Art, 7 Congress Square, Portland. 775-6148 x3227

Model Search and Auditions for girls and boys ages 10-20, Barbizon School and Modeling Agency, no experience required, 10am-4pm, Marriott Hotel, Sable Oaks Drive, South Portland. Laurene Krol, (800) 223-4613.

Mom's Home Cookin' - tasty tunes your Mama might have sung! Monica Palmes Grabing, Carolyn Mix and Dale Robing Lockman cooking up some of the finest treasures from American music, 7pm, \$8/\$4, River Tree Center for the Arts, 12 Depot St., Kennbunk, 985-4343.

"Fidel" (film) by noted film-maker Estela Bravo. Fundraiser for Let Cuba Live Committee of Maine, \$10, The Movies, Exchange St., Portland. 725-1330 or 786-4325.

Washington Post columnist and award-winning author E.J. Dionne will speak, 7:30pm, Room 100, Lovejoy Building, Colby College, Waterville.

"Wilderness and Spirit, a Mountain called Katahdin," screening, 10am, Railroad Square Cinema, Waterville. 773-1130.

Monday, April 14

Celebrate Writers! Readings by Maine poets Stuart Kestenbaum, April Ossman, and Emily Wilson, 7-9:30pm, free, Woodbury Campus Center, USM Portland. 228-8505.

Jazz concert, Ryan Parker Combo and Bill Street Combo, 7:30pm, Corthell Concert Hall, University of Southern Maine, Gorham campus. 780-5555.

Poetry Reading: Peter Makuck will read from his work, 4:30pm, Searless Science Building, Room 315,

Bowdoin College, Brunswick. 725-3552.

Tuesday, April 15

Celebrate Writers! Student readings, 1-5pm, Woodbury Campus Center, USM Portland. 228-8505.

USM Chorale conducted by Robert Russell, performs Requiem by John Rutter, plus a medley from the Broadway musical blockbuster, Les Miserables, 7:30pm, \$5/\$3, Corthell Concert Hall, USM Gorham. 780-5555.

Wednesday, April 16

Blood Drive, 3pm, Morrell Gymnasium, Bowdoin College, Brunswick. 725-3375.

Celebrate Writers! Open mic readings, 4-6pm, literary contest awards presentations, 7-8:30pm, free, Woodbury Campus Center, USM Portland. 228-8505.

Figure drawing - artists should bring drawing board and supplies. Easels provided, 6-9pm, \$7, Room 259, Olin Arts Center, Bates College, Lewiston.

Student Composition Concert, acoustic and electronic compositions by upper division students ranging from string quartets to electronic/computer fantasies, Jewett Hall Auditorium, University of Maine at Augusta, 7pm.

Ongoing

Adult Studio Sampler, April 3, 10, 17 and 24, (April 10: Clay Handbuilding) 6-8:30pm, \$15/\$20 per session, Portland Museum of Art, 7 Congress Square, Portland. 775-6148.

Annex International meets the second Tues. of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30pm. Free. 874-6928.

Art Night Out - workshops held on Monday evenings from 5-8pm, 352 Cottage Road, So. Portland. 799-5154

Co-Dependents Anonymous, a 12 step fellowship of people whose common purpose is to develop healthy relationships, meets every Tuesday evening at Brighton Medical Center, 3rd floor, small conference room, from 6pm-7:30pm. 878-6622.

Computer Access open to the public, Wed & Thurs, 6-8pm, Portland West, 181 Brackett St., Portland. 775-0105 x27

Creative Resource Center Activities for Kids ages three and up are welcome to drop in Tues-Sat at the Creative Resource Center, 1103 Forest Ave, Portland, from 11am-5pm. 797-9543.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous. The local chapter meets every Tues at the Woodfords Congregational Church, 202 Woodfords St., Portland, at 7pm. Call 774-4357 for more information.

Divorce Support Group The Greater Portland Spiritual Separated and Divorced Support Group meets every Tuesday, 7pm, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland. For more information call 797-9374.

Dual Recovery Anonymous (DRA) self-help recovery program for those recovering from addiction and emotional problems meets every Monday at 3:15pm, McGeachey Hall, 216 Vaughan St., 1st floor group room AND every Tuesday at 1pm, Breakfast Room at Community Resource Center FMI: 774-HELP

The "Father's Heart" worship and praise ministry, hosted by Prophetic Destiny Ministries, 3-5:30pm every third Sunday of every month. Sky-Hy conference center, 32 Sky-Hy Drive, Topsham. 725-7577.

Food Not Bombs The group distributes free food to the masses in Monument Square, Portland, every Sun from 2-4:20pm. 774-2801.

Free School event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, free, every first Monday of the month,

Portland West, 181 Brackett St., 7pm.

Free Workshops to educate parents about child safety, and about proper/legal car seats for children, and about the new laws in effect. Every second Tuesday, 6pm, Babies-R-Us in So. Portland.

Geographic Information Systems Clinic, open to anyone with a GIS questions, research, problem, research idea, or general interest, 9:30-11:30am, Wednesdays; and Open GIS Seminar, noon-1pm, Wednesdays, bring lunch and discuss GIS with faculty, staff, and students; both the clinic and the seminar are in Room 302, Bailey Hall, University of Southern Maine Gorham Campus, open to the public. 780-5063.

"Getting Started" workshop providing an important overview to historic home ownership and preservation. Walker Memorial Library, Main St., Westbrook, Saturdays, 9am-4pm.

Girl Scout Summer Camp - Girl Scouts of Kennebec Council is accepting registration for its resident summer camp programs located in Kittery Point, Reidfield and Bridgton. Financial assistance is available. 800-660-1072 or 772-1177 or annej@kgs.org.

The Greater Portland Maine Genealogical Society meets the first Sat of the month at the Falmouth Congregational Hall, 267 Falmouth Road, Falmouth, 2pm. 797-7927.

The Greater Portland Parkinson Support Group meets the fourth Sun of the month at the Falmouth Congregational hall, 267 Falmouth Road, Falmouth at 2pm. All those with Parkinson's, as well as their families and friends are welcome. 797-8927.

Gregorian Chant at the Cathedral of the Immaculate Conception (corner of Franklin & Congress) every Tuesday at 7:30pm, six Tuesdays of Lenten/Passiontide music, and six Tuesdays of Easter music, ending May 27. Admission is free.

Caregiver Support Group hosted by Hospice of Maine, six Mondays, April 7, 14, 28, May 5, 12 and 19, 3-4:30pm, Hospice of Maine. 774-4417.

International Open Amateur Photography Contest free entries must be postmarked June 30, 2003 or submitted on line. FMI: www.picture.com or (410) 363-4800.

KinderCulture will meet every Thursday for 8 weeks starting Feb. 27, from 10-11am at the Center for Cultural Exchange, Congress St. All children must be accompanied by an adult, to reserve space call Jenna Chandler-Ward 761-0591 x111.

"Knowing Yourself at the Deepest Level" - 10 part series video presentation by Eckhart Tolle, the author of the book "the Power of Now." Friday evenings 2/21-4/25, 165 Science Building, USM, Portland. 653-8557.

The League of United Latin American Citizens meets the fourth Thurs of the month at the Reiche School, 166 Brackett St., Portland, at 6pm. 767-3642.

1st Annual Maine Screenwriting Competition. Maine residents are encouraged to submit their completed, feature-film screenplays. The top three winners will be awarded cash prizes during the 6th Maine International Film Festival in Waterville, in July. 624-7631 or www.filmmaine.com.

Man to Man Monthly discussion group meets first Thurs of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9pm. Free. 865-2048.

NAMI CHOICES support group for family and friends of people with mental illness meets the second and fourth Monday of every month at 7pm at the Dana Center, Maine Med. 775-5242.

Overcomers Outreach - a 12 step Christian program, weekly meeting of men and women recovering from addictions using the Bible as their guide and acknowledging Jesus Christ as their Savior, 7-8:30pm, Park Avenue Church of God, 28 Park Ave., Portland. 773-3947.

People's Free Space where people can connect to their community, share resources and ideas through food, information, art and events, every 1st and 3rd Wednesday of the month at Portland West, 181 Brackett St., 7pm.

Pineland Farms education and outdoor activities facility including hiking and special programs for families; open 9am to 4pm daily, fees and events vary; contact the education director for details at 926-3914.

Ranger Bean's Discovery Woods environmental exhibit, featured programs, activities and events: open Tuesday through Saturday, 10am-5pm and noon to 5pm on Sunday, free for members and children under age one, Children's Museum of Maine, Portland, 86. 828-1234.

Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area Hours 9am-3pm Monday through Friday, Daily noon time meal served in the congregate dining room for a donation. Activities vary weekly, monthly field trips on our 25 passenger bus. 297 Cumberland Ave, Portland, at 10 am. 774-6304.

Sangha/Meditation Practice, first and third Sunday of each month 10-11am. Greenleaf Studio, Freeport, free, all are welcome. Joli Greene 865-0744.

Scholarship available for students pursuing a Bachelor's Degree in earth or biological sciences. The Maureen D. Keller Undergraduate Scholarship Fund was established in memory of Dr. Keller, a research scientist at Bigelow who died in 1999. Deadline for applications is May 15, 2003. Jane Gardner, 699-9600.

Sing rounds and women-centered chants, 1:15-2:15 p.m., Wednesdays when classes are in session, Honors Building basement, open to the public. 780-4321.

Star Space, a lesbian social group, meets the last Saturday of every month. All lesbians are welcomed! 5pm-9pm, Williston West Church, 33 Thomas St., Portland. 878-6632 or 892-3135 or sisterspace@yahoo.com.

Sitting Meditation in the Tibetan Buddhist Tradition, as taught in the Tibetan Book of Living and Dying. Open session, instruction provided. Sundays 9-11am, Rigpa Maine, 169 State St., Portland. 657-2438.

Storytelling/Spoken Word Open Mic for Grownups every 2nd Weds of the month at Company of Girls, 10 Mayo St., Portland. 7-9, \$3 suggested donation. Jean Armstrong, 879-1886 or moosetel@maine.rr.com.

Survivors of Suicide bereavement support group for family members and close friends of one who has died by suicide. Second and fourth Mondays at 7pm in classroom #1 in the Dana Center at Maine Medical Center. Contact Connie Korda 871-4226.

Tuesdays with Zola Prophecy 2000. The Era of racing technology, cultural changes, political challenges, and religious questions are covered with some of Humanity's best experts dissecting Biblical and Worldly Concerns. 7pm, West Falmouth Baptist Church, Mountain Rd., Falmouth. 773-0871 or 797-4066.

Underground Railroad Tours Peace Action Maine member Wells Staley-Mays gives tours of Portland's Underground Railway and other sites important to African-American history. Complete tour is two hours or less. Tix: \$6 per person (minimum group of six), 772-7249.

USM Ice Arena public hours, 9:10-10:30am, Monday-Friday, \$4 public/staff, \$2 under 18, under 6 free, please call 780-5991 for updates.

USM Southworth Planetarium astronomy shows featuring 7pm, Fridays & Saturdays; laser shows 8:30pm, Fridays and Saturdays; children's shows 3pm, Saturdays and Sundays; star shows \$4.50 adults, \$3.50 children/seniors/students; laser shows \$5 adults, \$4 children/students; matinees \$3.50 per person, http://www.usm.maine.edu/planet, 780-4249.

Watercolor: beginners and beyond art class. Participants will use vivid color to create florals and landscapes through watercolor painting. Sundays, April 6, 13 & 20, 1-4pm, Saco Museum. 283-3861 x114

Women in Black Vigils Women in Black "stand in silent vigil to protest war, rape as a tool of war, ethnic

cleansing and human rights abuses all over the world. We are silent because mere words cannot express the tragedy that war and hatred bring." Vigils take place Fridays at Temple and Spring streets from 12-1pm, and at Congress and High streets from 5-6pm.

Woman's Writing Group takes place every 2nd and 4th Monday of the month at Portland West, 181 Brackett St., Portland, 7pm. Women from all walks of life and with varying writing skills are encouraged to participate.

Writers Jam Sessions The Maine Writers and Publishers Alliance sponsors informal writers groups. All genres welcome every other Mon, at WMPA, 14 Maine St., Suite 416 Brunswick, 6-7pm, free. 729-6333.

Yarmouth Historical Society's Maine Reading and Discussion Group will discuss Bill Caldwell's, Rivers of Fortune, 7pm, Bay Square, Yarmouth. 846-6259.

Zoom Into Action - Maine PBS will air a new season of locally produced Zoom segments featuring Maine kids from all over the state beginning on March 31. www.mpb.org

WORKSHOPS/LECTURES

Thursday, April 10

"Buying A Business" (how to estimate value), 6-9pm, Score Offices, 100 Middle St., Portland. 772-1147.

"An Evening Conversation with Tony Kushner." Prof. Marilyn Reizbaum will interview the Pulitzer Prize-winning playwright, 7:30pm, Memorial Hall, Pickard Theater, Bowdoin College, Brunswick. 725-3375.

"Issues & Challenges in Eradicating Violence Against Women and Girls" discussion, 4pm, Room 1, Payson Smith Hall, USM Portland. 780-5371.

"Popham and Co. a Family Affair," Douglas Rice will discuss Sir John Popham, the driving force behind the Popham colony, Maine Maritime Museum, Bath. 443-1316 x322.

Friday, April 11

Architalx Lecture: Walter Hood, 6pm, \$5, Museum Auditorium, Portland Museum of Art, 7 Congress Square, Portland.

"Borders, Boudaries, and the 'Global' in Caribbean Studies" 2 day conference, Bowdoin College, Brunswick. 725-3552.

Forensic Chemistry and the FBI, 3:30pm, Room 105, Keyes Building, Colby College, Waterville. 872-3246.

"World Social Forum and Peace," Libra Committee/Honors Program talk, 6pm, Rooms ABC, Woodbury Campus Center, USM Portland. 780-4330.

Saturday, April 12

"Caring for Others: Caring for Yourself." Spiritual Care Workshop for Caregivers - healthcare professionals, family and friends, 9am-1pm, 169 State St., Portland. 657-2438.

Maine Historical Society Chinese Ethnic Forum, 9:30am-3:30pm, \$15, Shettleworth Lecture Hall, Maine Historical Society, 489 Congress St., Portland.

Monday, April 14

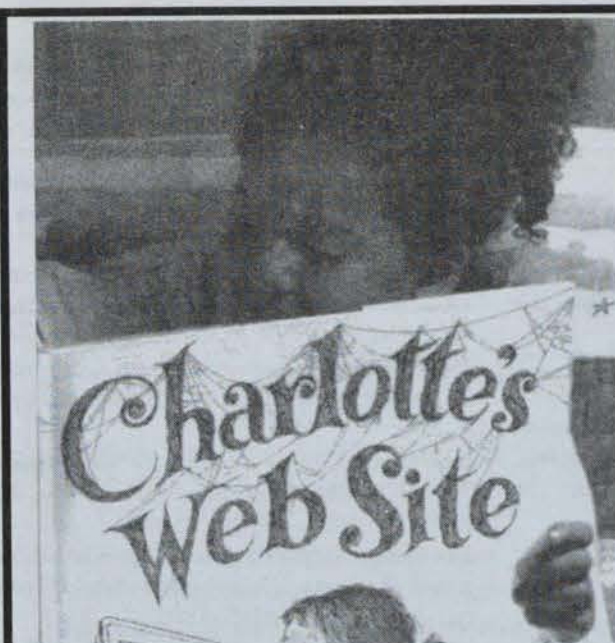
Chewonki Foundation hosts four-part lectures series. (1 of 4) "What is Going on with the Climate of Mid-Coast and Maine?" 7pm, Chewonki Foundation, Bath. 882-7323.

Tuesday, April 15

Lecture by printmaker Susan Groce, 4:30pm, Room 154, Bixler Art and Music Center, Colby College, Waterville. 872-3233.

Wednesday, April 16

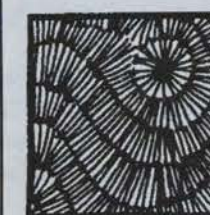
Sustainable Forests and Market Forces, 12noon, Private Dining Room, Foss Dining Hall, Colby College, Waterville. 872-3782.



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visual arts

Casco Bay Weekly visual arts listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

Openings/Closings

Thursday, April 10

Thos. Moser Cabinetmakers, 149 Main St., Freeport. Exhibit by Catherine Breer, opening reception 5-7pm. 865-4519.

Friday, April 11

Bowdoin College Museum of Art, 9400 College Station, Brunswick. Hours: Tues-Sat 10am-5pm. Sun 2-5pm. Free. "Drawings of Choice from a New York Collection." 725-3275.

Heron Point Gallery, 76 Maine St., Brunswick. Suzanne deLesseps' new collection of pastel paintings, opening reception 5-8pm.

Saturday, April 12

Center for Maine Contemporary Art, 162 Russell Ave., Rockport. The annual Camden-Rockport student exhibition, closing reception April 12, 3-5pm.

Sunday, April 13

Colby College Museum of Art Colby College, Waterville. "Foreign and Familiar," a series of photographs by Dee Peppe. 872-3228.

galleries

Area Gallery, Woodbury Campus Center, University of Southern Maine, Portland. "The Art of Words & Images." Hours: Mon - Thurs 8am-8pm. Fri 8am-4:30pm. Sat. 9am-3pm. 780-5009.

Aucisco Gallery, 615A Congress Street, Portland. Architaix Exhibition: Filling in the Gaps, through May 1. Aucisco at Eastland Park Hotel, Portland. Selected works by gallery artists, through April 27. 775-2227.

Bayview Gallery, 75 Market Street, Portland. Nothing provided at this time. Hours: Mon-Sat 11-5 and by appointment. First Friday hours until 7:30pm. 773-3007.

Center for Maine Contemporary Art, 162 Russell Ave., Rockport. The annual Camden-Rockport student exhibition, through April 12.

Colby College Museum, Waterville. 872-3228. "Exhibit of contemporary African objects from Cape Town and the Sahara that looks at "creativities" in our morphing global culture, through April 27.

"Forty etchings and lithotints by James McNeill Whistler depict daily life in Europe, ongoing.

Creative Photographic Arts Center of Maine 4th floor, Bates Mill Complex, 59 Canal Street, Lewiston. Nothing provided at this time. Hours: Mon-Thurs 9:30am-8p. Fri 9:30am-3:30pm. Sat 10am-4pm. 782-1369.

C.W. White Gallery 656 Congress St., Portland. The gallery will frequently, if erratically, be open "by chance." For the winter months, the C.W. White Gallery offers an eclectic changing exhibition of works by artists associated with the gallery. 871-7282.

Gallery at the Crown 123 Middle St., Portland. Textures of Time Stephen Joseph Lanzalotta, oil paintings; David Tunison, black and white photographs, through April 29. Hours: Mon-Wed 10am-6pm. Thurs-Sat 10am-7pm. 756-7399.

Gallery Seven 49 Exchange St., Portland. Exhibit of work by American craft artists in all media, ongoing. Hours: Mon-Thurs 10am-6pm. Fri-Sat 10am-9pm. Sun 12-6pm. 761-7007.

Galeyrie, 240 US Route 1, Falmouth. Group show of gallery artists Verner Reed, Veronica Benning, Estelle Roberge, John Kelley, Lori Tremblay, and Henry Peacock. Hours: Mon-Fri 10am-6pm. Sat 10am-4pm. 781-3555.

Greenhut Galleries 146 Middle St., Portland. City and Country, by painter Thomas Connolly, through April 26. Hours: Mon-Fri 10am-5:30pm. Sat 10am-5pm. 772-2693.

Hay Gallery 594 Congress St., Portland. "Ornament as Content" the work in this exhibition will include ceramics, works on paper, Xerox lithography, en-

caustics, enameling, photo-etching, and oil painting, through April 20. Hours: Tues-Sun 11am-5pm. 11-8pm on first Friday. 773-2513.

Heron Point Gallery, 76 Maine St., Brunswick. Suzanne deLesseps, exhibiting a new collection of pastel paintings. Hours: Tues & Thurs 10-4. Fri 10-4 and by appointment.

Jewett Hall Gallery University of Maine at Augusta, nothing provided at this time. Hours: Mon-Fri 8:30am-6 pm. 621-3274.

June Fitzpatrick Gallery 112 High St., Portland. Paintings by Duane Paluska. Hours: Tues-Sat 12noon-5pm. 772-1961.

June Fitzpatrick Gallery @ Maine College of Art 522 Congress St., Portland. Sculpture by Duane Paluska. Hours: Tues-Sat 12noon-5pm. 879-5742 x283.

Long Hall Gallery, Maine College of Art, Porteous Building, Portland. "Adventures in Art Student Exhibition"

Mainly Frames & Gallery 534 Congress St., Portland. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists, ongoing. Hours: Mon-Wed 10am-6pm; Thurs and Fri 10am-8pm. Sat 10-5pm. Sun 12-5pm. 828-0031.

Meyer Studio Gallery 51 Oak St., Portland. Exhibit of recent works by Louis Meyer, Matthew Meyer and Nathaniel Meyer, ongoing. Hours: Wed-Fri 4-6pm. Sat-Sun 12-4pm. 879-1323.

Norway Gallery, Fare Share Commons, 447 Main St., Norway. Joint show featuring the work of local artists and Collective members Jemma Morrill-Dreher and Joanna Reese, through April 26. Hours: Thurs & Fri 3-6pm. Sat 10am-2pm.

Portland Coalition Art Gallery 688 Congress St., Portland. Collection includes paintings, sculpture and works on paper. Included are works by Joseph Blackburn, Paul Klee, Vija Celmins, and Kiki Smith, as well as objects by non-Western cultures. John H. Halford Gallery, through April 14.

Portland Glassblowing Studio Nissen Bakery, 24 Rosmasco Lane, Portland. Glassblowing demonstrations and exhibit of contemporary glassware designed and made by studio owner Ben Coombs, ongoing. Hours: Fri-Sun 10am-6pm. 409-4527.

Plum Gallery, 142 High St., suite 217, Portland. Art in Miniature: A Maine Jewelers Biennial featuring the work of many of Maine's well known published metalsmiths.

Radiant Light Gallery, 142 High St., Suite 409, Portland. Leonard Freed female nudes through June. Hours: Sat. noon - 6pm, or by appointment. Open during the First Friday Art Walk. 252-7258 or radiantlightgallery.com.

Running With Scissors, 34 Portland St., Portland. "Merge" celebrating the relationship between creative practice and aesthetic judgment curated by Brighid Diers through April 25. Hours: Thurs & Fri 11am-5pm. 780-6252.

Saco Bay Artists Gallery 22 Washington Avenue, Old Orchard Beach. Nothing provided at this time. 284-9949, 934-2930 or 934-3050.

Silver Image Resource Gallery, 500 Congress St., rear studio, Portland. Photography by Donna Lee Rollins, and Dennis Stein including hand-colored photographs, "Holga" prints, and digital images, ongoing. Hours by appointment or chance. 5-9pm first Fridays. 767-0711.

Space Gallery, Congress St., Portland. "Twelve" BFA Thesis show. 828-5600.

Spindletree Gallery, works of Theresa Lebec. 725-8820.

The Stein Gallery 195 Middle St., Portland. "The Perfect blend of Art and Function." Martin Kremer's fused, or kiln-formed, bowls are influenced by Native American fabrics, Italian masonry, classic quilts and wood marquetry, through April 30. 772-9072.

Studio 656, 656 Congress St., Portland. Works by John Driscoll, ongoing. Hours: Thurs & Fri 12noon-6pm. 871-3922.

Thomas Spencer Gallery, 360 Main St., Yarmouth. "Boats, houses, fish and trees" paintings by Carol Bass, through April 26. Hours: Tues-Fri 10-5. Sat 10-4, or by appointment.

ment. 846-3643.

Toby Rosenberg Gallery 293 Read St., Portland. Handbags, clothing, cloth dolls, pottery, contemporary American crafts, sculpture and Judaica by artists including Deena Whited, Susan Butler and Gail Platts, ongoing. Hours: Mon-Sun 12-6pm. 878-4590.

UMF Art Gallery, University of Maine, Farmington. Nothing provided at this time. 778-7001.

University of New England Art Gallery, Westbrook Campus, Portland. Studio Connections: Artists Supporting Maine PBS, through May 4.

University of Southern Maine Art Gallery, Gorham Campus, Gorham. Student juried exhibition, showcasing USM student work in a variety of media, through April 19. Hours: Tues-Fri 11am-4pm. Sat 1-4pm. 780-5009.

museums

Abbe Museum, Bar Harbor. "The Basket Room: The Anne Molloy Howells Collection," ongoing. 288-3519.

African Tribal Art Museum, 122 Spring St., Portland. Nothing provided at this time. Hours: Tues - Fri 10:30am-5p. Sat 12:30pm-5pm. 871-7188.

Bates College Museum of Art Olin Arts Center 75 Russell St., Lewiston. Senior Art Exhibition, a perennial favorite featuring work by senior art majors. Hours: Mon-Sat 10am-5pm. Sun 1pm-5pm. Free. 786-6158.

Bowdoin College Museum of Art, 9400 College Station, Brunswick. Hours: Tues-Sat 10am-5pm. Sun 2-5pm. Free. 725-3275.

"Drawings of Choice from a New York Collection," opening April 11.

"Select Selections" recent additions to the permanent collection includes paintings, sculpture and works on paper. Included are works by Joseph Blackburn, Paul Klee, Vija Celmins, and Kiki Smith, as well as objects by non-Western cultures. John H. Halford Gallery, through April 14.

"The S.S. Roosevelt: A Model of Strength" Exhibit includes a model of The Roosevelt, the ship that carried Robert E. Peary and his crew to the polar sea in 1905 and 1908, constructed by Richard DeVynck based on his new research, ongoing.

Center for Maine History Museum, 489 Congress Street, Portland. From Dairy to Doorstep: Milk Delivery in New England, 1860-1960, chronicles the origins of home milk delivery and the heyday of the milkman, through May 25. Hours: Mon-Sat 10am-5pm.

Colby College Museum of Art Colby College, Waterville. Hours: Mon-Sat 10am-4:30pm. Sun 2-4:30pm. 872-3228.

"Foreign and Familiar," a series of photographs by Dee Peppe, through June 8.

"Student Art Exhibit of more than 50 students, through April 20.

Currier Museum, 201 Myrtle Way, Manchester, NH. Jan Miense Molenaer: Painter of the Dutch Golden Age. Hours: Mon, Wed, Fri & Sun 11-5. Thurs 11-8. Sat 10-5. 669-6144.

Davistown Museum, Main St., Liberty. Hours: Sat & Sun 10am-5pm. Maine and New England history through the study of tools, Native American history, artifacts, and exhibits featuring Maine artists. 589-4900.

Maine Maritime Museum 243 Washington St., Bath. "Around the Shipyard," ongoing. Hours: Mon-Sun 9:30am-5pm. Admission: \$8.75 (\$6 under 17, kids under 6 free). 443-1316.

Portland Museum of Art, 7 Congress Square, Portland. Hours: 10am-5pm Tues, Wed, Thurs, Sat & Sun. 10am-9pm Fri. Memorial Day through Columbus Day open Mondays 10am-5pm. Admission: \$8 (\$6 for students and seniors, \$2 youth 6-17. Free for kids under 6). Free every Friday from 5-9pm. 775-6148 or (800) 639-4067.

"Art Biennial" will showcase works of art by emerging and established artists associated with the state, through June 1.

"Contemporary Art From the Permanent Collection," featuring the diversity of subject matter and style that have come to dominate the post-world war art scene, ongoing.

"Play of Light: The Charles Shipman Payson Building" this year marks the 20th anniversary of the building at the Museum, through May 25.

"Hamilton Easter Field: Pioneering American Modernism" - Field (1873-1922) was recognized as an important proponent of modern art who exerted a wide influence through his activities as a painter, critic, teacher, author, and patron of the arts, through June 15.

"Prints by George Grosz: A Scathing Portrait of Weimar Germany" focuses on political interest in printed media, specifically photolithographic facsimiles of his drawings, that allowed a large number of people to see his work rather than an elite few, through May 11.

The Saco Museum, 371 Main St., Saco. Hours: Sun & Tues-Fri 12-4pm. Thurs, 4-8pm. Free on Thurs. 283-3861 x114.

"The 12th Chapter designed and installed by Thornton Academy students. Will feature works of three-dimensional art, paintings, drawings and photography.

"Minor Thoughts: Perceptions of Young People in the 18th, 19th and early 20th Century, explores the lives of teenagers before the 20th century through diaries, needlework, photographs and portraits, through August 10.

"John Brewster, Jr.: Itinerant Portrait Painter born without the ability to speak or hear, Brewster lived as a traveling painter, through April 20.

other venues

Barbara's Kitchen, 388 Cottage Rd., So. Portland. The work of local artist Zoo Cain will show through May 31st. 767-6313.

Coffee By Design, 620 Cogress St., Portland. Recent Works by Kate Winn through May 3. Mon-Thurs 6:30am-8pm. Fri 6:30am-9pm. Sat 7am-9pm. Sun 7am-7pm.

Coffee By Design, 24 Monument Square, Portland. The Beauty in Ordinary Things, Watercolors by Teresa Mahmud, through May 3. Mon-Fri 7am-5:30pm.

Coffee By Design, 67 India St., Portland. The Beauty in Ordinary Things, Watercolors by Teresa Mahmud, through May 3. Mon-Fri 6:30am-7pm. Sat 7am-6pm. Sun 7am-6pm.

Couleur Collection, 240 U.S. Route One, Falmouth. "A Matter of Perception: Fourth Juried Exhibition of Art by Artists With Disabilities," through April 24. 781-2401.

Freeport High School, art show and contest sponsored by the Freeport Woman's Club, through April. 865-1953.

Higher Grounds Coffee House, Water St., Hallowell. Recent paintings by Liesse Thibeault, through April. 621-1234.

Hilltop Coffee Shop, 99 Congress St., Portland. "Adam's Artists" Adam's Elementary School's student artwork and silent auction, ongoing. 780-0025.

Katahdin Restaurant 106 High Street, Portland. Work by local artists Gina Adams and Valerie Smith, ongoing. Hours: Tues-Sat after 5pm. 774-1740.

The Kitchen 593 Congress St., Portland. Art builds strong Kids: YMCA Silent Art Auction. First Friday hours: 5pm-7pm.

Portland Pottery Washington Ave, Portland. Annual Teapot & Lamp Show, through April 18. Opening is April 10, 6-8pm. 772-4334.

Starbucks, 176 Middle St., Portland. Color photo images of Europe, "People & Places, a Street View" by Peter Hungert, through April. 767-2797.

Thos. Moser Cabinetmakers, 149 Main St., Freeport. Contemporary paintings by Catherine Breer, through May 30. 865-4519.

Uffa Restaurant, 190 State St., Portland. Recent works by local artist Zoo Cain, through June. 775-3380.

Zero Station, 222 Anderson St., Portland. "Beautiful Confusion" a group show, through May 10. Hours: 10-6pm Tues-Sat. 347-7000.

stage door

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

THEATER/COMEDY

"The Birthday of the Infanta," presented by the Hurdy Gurdy Puppet Show. A marionette show for all ages every Saturday morning in April, 10am, 11am & 12noon, \$3, St. Lawrence Arts and Community Center, 76 Congress St., Portland. 775-2004.

Comedy Connection, 16 Custom House Wharf, Portland. 774-5555

*April 12, George Hamm w/ Tony Moschetto and Rocco, 8:30pm, \$10.

*April 13, Shane Kinney's Comedy Showcase, 8:30pm, \$6.

"Charlotte's Web" E.B. White's classic tale, April 4, 5, 11 & 12, 7:30pm. April 6 & 13, 2pm. \$10, The Theater Project, 14 School St., Brunswick. 729-8584.

"Fences" tells the story of Troy Maxson, a former star of the Negro baseball league who never got to play in the Major Leagues due to the ban on black athletes. April 8-May 4, Portland Stage Company, 25A Forest Ave., Portland. 774-0465.

"In the Heart of America," a poetic and gripping drama examining America's involvement in Vietnam, Iraq and the Middle East. April 11, 12 & 13, 7pm. Memorial Hall, Wish Theater, Bowdoin College, Brunswick. 725-3375.

"In the Heart of America" a gripping new drama by Naomi Wallace will be presented by the Bowdoin College Department of Theater and Dance, April 9 & 11-13, 7pm, Wish Theater, Memorial Hall, Bowdoin College, Brunswick. 725-3375.

Lovers and Other Strangers Written by Renee Taylor and Joe Bologna, Directed by John Hicson-Five vignettes starring twelve talented performers. April 4 & 5, 8pm. April 6, 2:30pm. April 10, 11 & 12, 8pm. April 13, 2:30pm. \$12/\$13/\$15, The Portland Players, 420 Cottage Rd. So. Portland. 799-7337.

"Katastrophe Kate, The Most Dangerous Woman in the West" presented by King Middle School, April 9 & 10, 7pm, \$2/\$1.

"Really Rosie," presented by the Children's Theatre of Maine. April 11, 7pm. April 12, 2pm & 7pm. April 13, 2pm. \$6/\$8, 317 Marginal Way, Portland. 828-0617.

"Tape," about two college buddies and the women who comes between them, April 14, 15 & 16, 7pm, Visual Arts Center, Kresge Auditorium, Bowdoin College, Brunswick. 725-3375.

"A Tough Nut to Crack," dinner theater, April 11, 6-9pm, Doubletree Hotel, Congress St., Portland. 780-5951.

AUDITIONS

Glitterati Theatre Company is holding auditions for the Role of Yatzak in Hedwig and the Angry Inch. Looking for a woman with a dynamic voice and who holds good harmony. Acting experience is minimal. Please bring a prepared song (rock song preferred). Sunday, April 6, 6pm, State St. Congregational Church, 159 State St. 874-3530 or www.glitterati.org.

Renaissance Faire actors, musicians, dancers and more, needed for the upcoming season, all ages, Schoolhouse Arts Center, Sebago Lake, ME 926-5693, 9am-4pm.

The Winter Harbor Theatre Company will be holding extended auditions for an upcoming production of a new Tony Kushner play, casting the serious role of Laura Bush, April 14, 6-8pm, St. Lawrence Arts & Community Center, Congress St., Portland. 775-3174.

focal point

USM's Spring Festival of Arts and Scholarship in the month of April

For people that love writing and different types of media, April is a great month. What is so great about the month of April is that it's that time of year when University of Southern Maine puts on its Spring Festival of Arts and Scholarship. All three stages of the festival bring distinguished visitors to the university. The festival has opened with the annual publication party for *Words & Images*, USM's literature & arts magazine of national note and repute. Last Monday the MESfest began its presentation of creative and scholarly work by students, faculty, artists, and scholars participating in the university's multidisciplinary Media Studies Program.

This year's release of the USM's journal *Words & Images* was very special besides opening the Spring Festival. The release of the magazine this year marks the first issue to enjoy national distribution. *Words & Images* features work in various literary genres and visual media by writers and artists from throughout the country. The party for the publication took place in the Glickman Family Library that featured presentations by distinguished guests of the university, including Maine Poet Laureate Baron Wormser and African-American art scholar David Driskell. The party began with opening remarks made by U.S. Congressman Tom Allen, author of this year's Foreword, and the Stephen Dunn Poetry Award was presented. Original artwork by *Words & Images* contributors was on display during the party. You can order your own copy of *Words & Images* from their website, www.wordsandimages.org. Another way to get your own copy is at the USM Bookstore or Casco Bay Books.

The following week was the MESfest, presented by USM's Media Studies department. The Media Studies Program is one of USM's most successful projects in collaborative, multidisciplinary education. Faculty from various colleges within the university contributes to the program's effort to foster independent learning through creative major design and engagement with the media community at large. The MESfest featured production work and media scholarship to highlight the creative

achievement of students, faculty, and visitors participating in the Media Studies Program. This year, the MESfest presented work created by individual students, students working together in groups, faculty, and visiting scholars. Faculty presented collaborative video projects, web works, planetarium projections, and paper/panels. Distinguished participants in the festival included artists Rebecca Goodale and James Walsh, storyteller Wayne Newell, media scholars David Pierson, Daniel Panici, and Kathryn Lasky, and cultural studies scholars Lorraine Carroll, Wendy Chapkis, and Lisa Walker.

If you missed out on the beginning of the Spring Festival, you can still catch the final stage of the Festival with the week-long Celebrate Writers!! event starting April 14th. Celebrate Writers!! continues its goal with a stage, microphone and an audience to bring to USM writers at every level of accomplishment. The event brings to light the growing popularity and importance of the culture of creative writing at the University of Southern Maine. The University's oldest continuous celebration of original poetry and fiction at USM, CW!! has been bringing writers of national and international renown to Maine audiences since 1988. This year's series includes readings by USM students and faculty, the CW!! Literary Contest, an Open Mic Invitational, and three special presentations: an Evening of Maine Poets with Stuart Kestenbaum, April Ossman, and Emily Wilson; an Evening of Maine Fiction Writers with Michael Kimball, Bill Roorbach, and Kate Oxnard; and a celebration of story with Lucy Honig and Robert Taylor.

All events are open and free to the public except the Dance Benefit; call 780-5151 for ticket information. The Festival is made possible with the generous assistance of the following: *Words & Images*; the Portland Events Board; the Board of Student Organizations; the 31st Student Senate; the USM Media Studies Program; USM's Department of Art & Theater; Carolyn Eyler and the USM Gallery; and the Creative Writing Faculty of the Department of English.

Music directory

The Alehouse 30 Market St, Portland. 253-5100.
American Legion Post #62 17 Dunn St, Westbrook. 856-7152.
Amigo's 9 Dana St, Portland. 772-0772.
Asylum 121 Center St, Portland. 772-8274.
Barbara's Kitchen & Cafe 388 Cottage Road, So. Portland. 767-6313.
The Big Easy 55 Market St, Portland. 871-8817.
The Big Kahuna Cafe 142 Main St, Bridgton 647-9031.
Bowdoin College Chapel Brunswick. 725-3321.
Bramhall Pub 769 Congress St, Portland. 773-9873.
Breakaway 35 India St, Portland. 541-4804.
Bridgeway Restaurant 71 Ocean St, South Portland. 799-5418.
Brian Boru 57 Center St, Portland. 780-1506.
Brooks Student Center Univ. of Southern Maine, Gorham. 780-5003.
Bull Feeney's 375 Fore St, Portland. 773-7210.
Casco Bay Lines, Casco Bay Lines Terminal, 56 Commercial St, Portland. 774-7871.
Cathedral Church of St. Luke 143 State St, Portland. 772-5434.
Cathedral of the Immaculate Conception 307 Congress St, Portland. 773-7746.
Center for Cultural Exchange 1 Longfellow Sq., Portland. 761-1545.
Chocolate Church Arts Center 798 Washington St, Bath. 442-8455.
C.J. Thirsty's 726 Forest Ave, Portland. 775-6681.
Civic Center Between Spring and Free streets, Portland. 775-3458.
Clyde's Pub 173 Ocean St, South Portland. 799-4135.
Commercial Street Pub 129 Commercial St, Portland. 761-9970.
Corthell Concert Hall 37 College Ave, University of Southern Maine, Gorham campus. 780-5555.
Crooker Theater Brunswick High School, Maquoit Road, Brunswick. 725-3895.
David's Restaurant 22 Monument Square, Portland. 773-4340.
Deertrees Theatre & Cultural Centre Deertrees Road, Harrison. 583-6747.
Digger's 440 Fore St, Portland. 774-9595.
Discovery Park L.L. Bean, Main Street, Freeport. (800) 559-0747 X37222.
Downeast Restaurant 705 Route 1, Yarmouth. 846-5161.
First Parish Church of Portland 425 Congress St, Portland. 773-5747.
The Flatbread Company 72 Commercial St, Portland. 772-8777.
Free Street Taverna 128 Free St, Portland. 772-5483.
Geno's 13 Brown St, Portland. 772-7891.
Granny's Burritos 420 Fore St, Portland. 828-1579.
Gritty McDuff's 396 Fore St, Portland. 772-2739.
Happy Cooking 78 Island Ave, Peaks Island. 766-5578.
Headliners 35 Wharf St, Portland. 773-1570.
The Iguana 52 Wharf St, Portland. 871-5886.
The Industry 50 Wharf St, Portland. 879-0865.
Jonathan's Restaurant 92 Bourne Lane, Ogunquit. 646-4777.
Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.
Kresge Auditorium Bowdoin College, Brunswick. 725-3321.
Liquid Blue 446 Fore St, Portland. 774-9595.
Local 188 188 State St, Portland. 761-7909.
Ludke Auditorium University of New England, 716 Stevens Ave, Portland. 797-7261.
Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453.
Mathew's Lounge 133 Free St, Portland. 253-1812.
The Mercury 416 Fore St, Portland. 879-4007.
Merrill Auditorium 20 Myrtle St, Portland. 842-0800.
Moose Crossing Steakhouse 270 U.S. Rt. 1, Falmouth. 781-4771.
The Music Hall 28 Chestnut St, Portsmouth, NH. (603)433-3100.
Old Orchard Beach Pavilion 17 Prospect St, Old Orchard Beach. 934-2024.
Old Port Tavern 11 Moulton St, Portland. 774-0444.
Olin Arts Center 75 Russell St, Bates College, Lewiston. 786-6252.
O'Rourke's Landing 175 West Benjamin Pickett St, So. Portland. 767-3611.
The Pavilion 188 Middle St, Portland. 773-6422.
Plush 54 Wharf St, Portland. 774-9595.
Portland Conservatory of Music 116 Free St, Portland. 775-3356.
Portland Museum of Art 7 Congress Square, Portland. 775-6148.
Portland Public Market 25 Preble St, Portland. 228-2000.
Pub 21 (Fifties Pub) 223 Congress St, Portland. 771-5382.
Rick's 100 Congress St, Portland. 775-7772.
RiRa 72 Commercial St, Portland. 761-4446.
The Roost Chicopee Road, Buxton. 642-2148.
St. Lawrence Arts & Community Center 76 Congress St, Portland. 775-5568.
Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472.
Sierra's Bar & Grill Routes 25 and 114, Gorham. 839-3500.
Silver House Tavern 340 Fore St, Portland. 772-9885.
Sisters 45 Danforth St, Portland. 774-1505.
Sky Bar 188 Middle St, Portland. 773-6422.
Somewhere 117 Spring St, Portland. 871-9169.
South Freeport Church 98 South Freeport St, Freeport. 865-4012.
The Space 538 Congress St, Portland. 828-5600.
Starbird Recital Hall 525 Forest Ave, Portland. 775-2733.
State Street Church 159 State St, Portland. 774-6396.
State Theatre 609 Congress St, Portland. 775-3331.
The Station 272 St. John St, Portland. 773-3466.
Three Dollar Dewey's 241 Commercial St, Portland. 772-3310.
Top of the East 157 High St, Portland. 775-5411.
Una 505 Fore St, Portland. 828-0300.
The Underground 3 Spring St, Portland. 773-3315.
The Well 369 Forest Ave., Portland. 828-1778.

listening posts

thursday 10

The Alehouse
Black Apple/Welfare Mafia
(9pm/cover tba/21+)
The Big Easy
Vacationland (10pm/\$3/21+)
The Bramhall Pub
The Jerks of Grass
(bluegrass/9:30pm/\$2/21+)
Brian Boru
Stream (Reggae/9pm/21+)
Center for Cultural Exchange
Open Mic (7:30pm)
Geno's
Hip Hop w/ Brzowski/K the I/
JD Walker/A-Frame (9pm/21+)
Headliners
DJ Baby J (9pm/21+)
Moose Crossing Steakhouse
David Wells/Gerry Berry Quartet
w/ special guests
(7pm/10:30/no cover/21+)
Old Port Tavern
Karaoke w/ DJ Mike C
(9:30pm/no cover/21+)
The Station
Karaoke Contest (9pm)
St. Lawrence Arts & Community Center
Los Federales
(acoustic jam/8pm/\$8)
Three Dollar Dewey's
Dave Mello (6pm/no cover)
The Well
Potpourri Night
(variety/7pm/no cover)

friday 11

The Alehouse
Eldimer Krim w/ special guests
(9pm/cover tba/21+)
The Asylum
Motor Booty Affair
(funk/8pm/10/21+)
Big Easy
Poppa Chubby (10pm/\$5/21+)
The Bramhall Pub
Karaoke with Don Corman
(10pm/no cover/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Brian Boru
Pneuma (9pm)
Bull Feeney's
Bailey's Mistake (9:30pm/no cover)
Center for Cultural Exchange
Zhentian Zhang (8pm, \$10)
Geno's
The Downbeat 5/Lady Kensington/
The Beatlords (9pm/21+)
Headliners
DJ Seanne (9pm/21+)
Old Port Tavern
Strict 9 (rock/9pm/no cover/21+)
Ri-Ra
DJ Teague (10pm/21+)
Sisters
DJ (9pm/\$2/21+)
Space
The Pony's
(cd release party/8pm/21+)
St. Lawrence Arts & Community Center
Laurie Jones Band/Sara Cox
(8pm/\$10)
The Station
Boston DJ's (dance/hip-hop/r&b/reggae/9pm/\$5)
The State Theater

Dar Williams (7:30pm/\$25)
Una
DJ Mike Said (house
music/9:30pm/no cover/21+)
The Well
DJ Darkhart
(goth/industrial/10pm/\$5)

saturday 12

The Alehouse
Pseudopod (cover tba/9pm/21+)
The Big Easy
Jim Ciampi & Manhattan
Nine (10pm/\$5/10pm)
The Bramhall Pub
Muddy Marsh Ramblers
(10pm/no cover/21+)
Bray's Brew Pub
The Grumps (9:30pm/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Bull Feeney's
Red Light Revue(up)/
Bailey's Mistake (down)
(9:30pm/no cover)
Breakaway
Valkyries (9pm/no cover)
Center for Cultural Exchange
Frank Carlberg (8pm)
Geno's
EFS/Dirty Water/Sometimes She
Burns (9pm/21+)
Headliners
DJ Baby J (9pm/21+)
Kennebunk Coffeehouse
Johnsmith
Old Port Tavern
Strict 9 (rock/9pm/no cover/21+)
Ri-Ra
Zoe's Choice (10pm/21+)
Sisters
Top 40's DJ(8:30pm/\$3/\$5/21+)
State Theater
Rocktopus/Even All Out/
The Ponys (8pm/\$12.50/\$15/)
Una
DJ Nicotine/DJ Marcus
(9:30pm/no cover/21+)

sunday 13

The Alehouse
Stream (Reggae/9pm/\$2/21+)
Big Easy
DJ Jay (10pm/\$3/21+)
Brian Boru
Irish session music (3-7pm)
Free Street Taverna
Open Mic w/ Tyler of Sly Chi
(9:30/cover tba/21+)
Geno's
Black Curtain/Extendo Ride
(9pm/21+)
Old Port Tavern
Karaoke w/ DJ Mike C.
(9:30pm/no cover/21+)
Portland Museum of Art
Bebo Jazz Ensemble
(Jazz Breakfast/10:30am)
Ri-Ra
Live Jazz Brunch (11am/no cover)
The Station
Oldies Dance 195-1980
(no cover)
Three Dollar Dewey's
Tom Kennedy (4pm/no cover)
The Well
Genesis night
(variety/7pm/no cover)

monday 14

The Alehouse
Peter Prince of Moon Boot Lover
(9pm/21+)
The Big Easy
Ryan McAlmon (10pm/\$3/21+)
Free Street Taverna
Hip Hop Open Mic w/ Boon Dox
(10pm/no cover)
Old Port Tavern
Karaoke w/ DJ Sid
(9:30pm/no cover/21+)
States (622-9575)
Ellis Paul (8:15pm/\$14)

tuesday 15

The Alehouse
Open Mic Night (no cover/21+)
The Big Easy
Sly Chi (Funk/10pm/\$3/21+)
Bridgeway Restaurant
Al Doane Jazz Jam (7-10pm)
Bull Feeney's
Open Mic (8pm/no cover)
Old Port Tavern
Karaoke w/ DJ Sid
(9:30/no cover/21+)
State Theater
Insane Clown Posse/2 Live Crew/
Anybody Killa (7:30pm/\$22.50/\$25)
Three Dollar Dewey's
Ryan Halliburton (6pm/no cover)
Una
DJ Marcus (chilled out house
music/9:30pm/no cover/21+)

wednesday 16

The Alehouse
A Band Beyond Description
(jam band/9:30pm/\$2/21+)
The Big Easy
Mike Taylor (Funk/10pm/\$3/21+)
Breakaway
The Maine Songwriters Showcase
(8pm/no cover/21+)
Downeast Restaurant
Port City Jazz (7-9pm/no cover)
Free Street Taverna
Green & Bosse (9pm/21+)
Geno's
Dr. Farren's Open Mic
Music Clinic (7:30pm/21+)
Old Port Tavern
Karaoke w/ DJ Mike C.
(9:30/no cover/21+)
Three Dollar Dewey's
Acoustic Open Mic Night
(8pm/no cover)
The Well
Open Mic Night (8pm/no cover)



music seen

Shooting the breeze with Dar Williams

Beauty of The Rain and beyond

by Aimsel Ponti

Dar Williams released *Beauty of the Rain* (Razor & Tie) in February and her tour makes a stop at Portland's State Theater on Friday. In a recent interview Williams was both warm and articulate. First, a brief history: *Beauty of the Rain* (Razor and Tie) is Williams' 5th studio recording. She also has a live album and was one third of the folk trio Cry, Cry, Cry who released a critically acclaimed album of covers in 1998.

Williams wields words carefully and wraps them around a rich and lovely voice. She also adds another layer with an aptly played guitar. These elements have garnished her with solid record sales and a wide audience over the years. Her debut, 1994's *Honesty Room* made it's way to national airplay charts. *Beauty of the Rain* is an 11-song endeavor that will grab you twelve seconds into the first track and won't let go until the final chords of the last.

AP: I have read an overwhelming amount of rave reviews about *Beauty of the Rain*. It's all been stuff like "her best work yet" How does that make you feel?

DW: So thrilled because I am always prepared for the opposite.

AP: A lot of people, myself included, look at your songs as emotional roadmaps because you are so damn insightful.

DW: That's a really nice compliment because to say my songs are deeply personal always makes me feel funny because they are really supposed to be, at their best, maps. I might have dug in trying to make sure I was being emotionally honest as I wrote something. My hope is that I dig in and find the stuff, sort of dust it off and put it side by side. It's more of a juxtaposition of things. A sort of storytelling rather than sort of a "come down to the pit with me" and I appreciate it being a map.

AP: At what point did you know that music was going to be your career?

DW: I would say there were a few points. One was Friday the 13th, 1992 when I was so angry with this ex-boyfriend who I had just fought with that I forgot to present a careful persona on stage. I was just more myself and I realized that is the key to performance. It's bringing a little more of yourself on stage than you might have planned originally. You've got to bring enough real stuff that people feel like you are a straight shooter. So that's when I thought that maybe I could really work on this. Then in '94 when I released the *Honesty Room*, I was surprised that 150 people actually showed up in the snow for the release concert.

AP: How does it feel embarking on a tour while we're at war?



DW: People can get a little skittish about leaving their homes, there's sort of a mammal instinct response of staying at home and yet — and I didn't know this until I had gotten out of my house after September 11th to perform — people need music. So when people can jump the threshold and come outside the concerts are all the more magic. Spring is going to start a little slower this year for sure, I understand that for sure, but I also have been preparing for this for a long time mentally. I don't even know what my new impressions are now that we're at war.

AP: Who is the person or persons who have influenced you the most?

DW: I would say Paul Simon. I listened to a lot of Kate Bush and Jane Siberry in college and I think that they influenced my daring so I am very grateful for that but Paul Simon was the first muse.

Dar Williams performs Friday night, 4/11 at the State Theater. Tickets are still available at the State Theater box office or by calling 780-8265. Showtime is 7:30 and get this, the opening act is the Ben Taylor band. Yep, the son of James Taylor and Carly Simon. I for one am dying to hear this guy. Should be a scintillating evening of music. Look for a review of this show in the April 18th issue of CBW.

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Application forms are available at the Pirates' offices at 531 Congress Street, at the Cumberland County Civic Center box office and on-line at portlandpirates.com.



press box

It is beginning to look a lot like Christmas at Hadlock

by Tom Keene

Last week in this space, we talked about the wonderful new look around Hadlock Field. There was a photo of "Green Monster North," and the Citgo sign and the giant Coke bottle. "It's beginning to look a lot like Fenway," we said.

All that was needed to make spring feel real and summer seem close was a team on the field dressed in the red, white, black and blue of the Boston Red Sox, the new major league affiliate of the Portland Sea Dogs.

What actually happened should be no surprise to anyone who has experienced Maine weather for more than a few years, but everyone hoped that we wouldn't be singing "It's beginning to look a lot like Christmas."

What we got instead of Johnny Pesky throwing the ceremonial first pitch was a white reminder that even in April, winter is still the dominating season of Maine. Only in July and August do long-time Downeasters feel reasonably safe from snow.

For a while on Thursday, April 3, it looked like the game could start on time, even though the tarp covered the infield at 5:30 p.m. The air was cold, but at precisely 4:03 p.m., the few fans who had arrived early for the 6 p.m. game heard the first indication of what they expected to come.

"Ladies and gentlemen, boys and girls, welcome to Hadlock Field," said Dean Rogers from the public announcer's booth, a place he has occupied since the first Opening Day at Hadlock a decade ago. Unfortunately, Rogers had to sadly announce almost exactly two hours later that the game was snowed out.

Moments before the game was called, new Sea Dogs manager Ron Johnson, was looking over the field and watching his team try to get loose and warm as the snow thickened and intensified.

"There's no getting used to it," he said. "It's freezing cold, and baseball is a tough game to play in this weather."

There are 31 ballplayers on the Sea Dogs roster released March 31, seven of whom are on the disabled list. The biggest name on the DL is catcher Kelly Shoppach, Boston's first draft pick in 2001, who had surgery to repair a rotator cuff tear last September, and Jami-son indicated that while he'll probably play in Portland this summer, the Sox will keep him in the warmer Florida climate for a while, where he'll serve as a DH until cleared to catch. Brian Loyd, who hit .276 with Double A Mobile last season, will do most of the catching until Shoppach arrives, maybe as soon as May.

Jorge de la Rosa, a left-handed pitcher who came to the Sox from the Arizona Diamondbacks in 2001, will be the number one



As snow swirls around him, Sea Dogs mascot Slugger breaks for second base on a steal attempt following Thursday evening's snow-out of Opening Day at Hadlock Field in downtown Portland. With all the players trying to get warm in the clubhouse, Slugger declared himself "safe" and eventually stole third and home. PHOTO TOM KEENE

starter. The Sox number 9 prospect, he has been effective at Single A for two seasons, but struggled when moved up to Double A. Baseball America has suggested that he may be best used as a reliever, but working as a starter will give him innings and experience. He was 7-7 last year, with a 3.65 ERA.

None of the other projected starters played in the Sox system last year. Joining de la Rosa will be Junior Herndon, who pitched briefly for the San Diego Padres in 2001, Tim Kester, Greg Montalbano, and Josh Stevens. Anastacio Martinez, with a 95-mph fastball and little control, will close for the Sea Dogs. Although he led the Eastern League in walks last year with 75, he also struck out 127 batters in 139 innings pitched.

Kevin Youkilis, who Baseball America lists as the Red Sox number 3 prospect, will play third for the Sea Dogs. After hitting .283 and .295 in Single A Augusta and Sarasota, Youkilis hit .344, with five homer runs and 26 RBI in 44 games in double A Trenton last year.

Playing next to Youkilis at shortstop will be Nelson Castro, with Carlos Leon at second and Dustin Brissan at first base.

Three of the four outfielders for the Sea Dogs played at Double A Trenton last summer. Tonayne Brown was the most productive of the three, but just barely, with 12 home runs and 59 RBI. Justin Headley hit .268 with 11 homers and 56 RBI. Justin Sherrod was a close third in productivity with a .255 average, nine home runs and 47 RBI.

Jeremy Owens, a Rule 5 draft pick, hit .174 at Triple A Portland and .230 with Single A Lake Elsinore. However, he hit 13 home runs, drove in 52 runs and stole 23 bases at the Single A level last year.

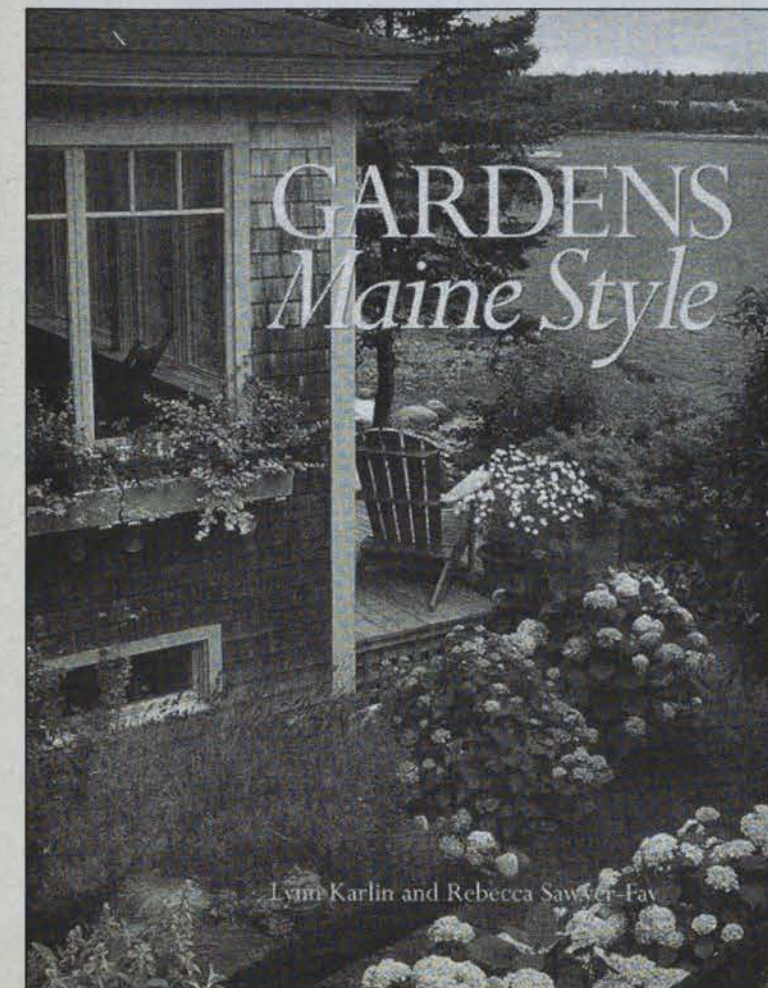
Hanley Ramirez, a 19-year old shortstop who will likely start the season in A-ball, could work his way up to Portland this summer. Boston's number one prospect, his two seasons in the Red Sox system produced a .349 batting average, and he's been called a five-tool shortstop. With Nomar Garciaparra still playing rather effectively in Boston, Ramirez won't be hurried up to the majors.

Books

Gardens Maine Style

By Rebecca Sawyer-Fay, Lynn Karlin (photographer)

Source www.amazon.com, www.maineboats.com



Gardening in Maine is a past time that many enjoy. With a lot of beautiful gardens on private property, you normally wouldn't have a chance to view such beauty, but with *Gardens Maine Style*, it offers you a glimpse into Maine's most extraordinary private gardens. Photographer Lynn Karlin and writer Rebecca Sawyer-Fay take readers on a guided tour of some of their favorite gardens around the state of all different sorts. The book includes town, country, camp, cottage and seaside gardens to give loads of inspiration and ideas for gardeners of any expertise.

One reviewer wrote that after viewing Lynn Karlin's beautiful photography in *Gardens Maine Style*, it made her want to get outside and salvage her garden and go on a shopping spree for seeds. She was amazed at the innovative ideas for planters, a little jealous that she hadn't thought of it on her own, but glad that she had learned about it. Rebecca Sawyer-Fay's commentary was enlightening as she discussed the challenges of gardening in Maine, with its short growing time and various types of terrain to grow gardens on. There are numerous places to grow various types of plants like on the coast or inland.

The 248-page book features a dozen Hancock County gardens, including those at the Black House and private homes from Southwest Harbor to Stonington. Karlin's and Sawyer-Fay's goal was to showcase the state's gardens for other gardeners, to share ideas and inspire creativity and they have been very successful with that since the book is already in its second printing. The book lists public botanical gardens and parks throughout the state. There is even a list of antique shops that specialize in garden-oriented pieces and nurseries that are worth mentioning. The authors advise readers not to be intimidated by the gardens pictured in the book. Most of the gardeners are not professionals. With innovative ideas laced throughout this book, it's a great teaching guide for gardeners around the country because Maine gardeners face such varied conditions when wanting to create a garden in Maine soil.

Lily's Garden By Deborah Kogan Ray

Reviewed by Wendy Smith

Lily's Garden isn't your typical children's book. Author Deborah Kogan Ray who also does the illustrations creates a book that combines gardening in Maine and coping with an absent loved one. Lily's grandparents move from Maine to California, but its through gardening that keeps the young girl and her grandparents close despite the distance. The illustrations capture each month that goes by until Christmas when Lily will see her grandparents again. Each month Lily works on her garden with the advice from her grandparents. Besides the touching storyline, what was so interesting about the book was the tidbits of facts on the left side of the pages that offered interesting trivia about gardening and history on certain vegetables. Did you know that watermelon originated in Kalahari Desert in Africa? The recipes for blueberry pancakes and maple syrup candy were an added bonus.

Each month Lily performs tasks that any Mainer would have to do according to the weather patterns here in Maine. With the help from her dad she taps the trees for maple syrup in February and in August she goes with her mom to pick blueberries which thrive in the northern climate of Maine. In April she gets to see the daffodils pop up that she had planted with her grandmother in the fall. The story ends in December when her grandparents come back to Maine for Christmas and they all decorate the tree.

Deborah Kogan Ray is able to capture the essence of gardening in Maine through the eyes of a child and make it educational at the same time. This book is recommended for children in kindergarten through grade three.



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Movies

The Costner Trilogy

by Tom Keene

video review

As this is being written, Opening Day at Hadlock Field has been postponed, and the forecast for the rest of the week-end is dismal. If the mini-blizzard packs the presaged punch, the only baseball available will be the Sox on TV and the Sea Dogs on radio, until Portland returns April 14 after a seven-day road trip.

The good news is that both baseball fans and non-fans can enjoy three excellent movies on DVD and VHS while the fans wait for the team to return.

The following films all have baseball themes but are so well-written, acted and directed that even diehard baseball non-fans can thoroughly enjoy them.

Each stars Kevin Costner, an actor with real talent and instinct for baseball.

For Love Of The Game ★★★★★

The last of Costner's three baseball films, is the weakest of the trio, largely because the love affair between Billy Chapel (Costner) and Jane Aubrey (Kelly Preston) that is told in flashbacks throughout the film just doesn't seem believable. No chemistry, no passion.

Chapel is at the end of a 19-year major league career with the Detroit Tigers. The team's owner tell him before Chapel's last start of the season that he is selling the team, and the new owners plan to trade Billy.

The night before, Chapel had waited up for Jane to show up, but she stood him up. After Chapel learns that if he is to continue playing, it won't be for his beloved Tigers, Jane breaks the news that she has taken a job in London and is leaving that very day.

So Chapel takes the mound for what he soon decides must be his last game ever, and throws a perfect game. Twenty-seven batters faced. No hits, no runs, no walks, no errors. Perfection.

As he prepares his mind for the battle, he begins to remember how much he loves baseball, how deeply ingrained the game is in his life, and he relives the five years he has spent with Jane. And it dawns on him that when she told him he didn't need her, she was wrong. But he never told her he needed her. Nothing about his focused lifestyle allowed for love of anything but the game. By the time he has thrown the final pitch, he knows he truly needs Jane. And of course, he wins her back.

It's too neatly resolved, and it's hard to feel that Costner and Preston worked very hard on acting like they were in love. But because of the amazing baseball game that fills one half of the film, the dull acting is overwhelmed by the most realistic baseball footage ever seen in a film. The twists and turns of the relationship are interesting, just not well-acted. The on-field action featured real ballplayers, mainly minor leaguers. And Costner threw every pitch and made every play seen on screen. One of the baseball coaches hired to help with the film said Costner could have played college ball or even Double A minor league ball.

Rated PG-13 for profanity and sexual situations, and running two hours and 17 minutes, For Love Of The Game rates three out of five stars.

Bull Durham ★★★★★

Costner's first baseball movie was a film so funny that it hurts like a fastball in the ribs to watch. If you haven't seen it yet, rent it tonight and count the laughs—there are as many hoots, giggles, guffaws, and belly laughs here as they are pitches thrown during a double-header. Here is my favorite line of the film, but I won't reveal the circumstances. Costner's "Crash" Davis says to "Nuke" LaLoosh, (Tim Robbins) "The rose goes in the front, big guy." Doesn't look



funny on paper, but if you fail to laugh at the line in the movie, I fear you may well have passed away and no one has had the heart to tell you.

The story is quite simple. An aging baseball groupie named Annie Savoy (Susan Sarandon) picks a Durham Bull rookie each season to inspire, in a number of highly original ways. The rookie she picks almost always makes it to the majors. And who wouldn't, if they'd had Susan Sarandon read Walt Whitman poetry to them while she had them tied to her bed. Like I said, Annie Savoy used some highly original techniques to teach inner baseball to rookies.

A short 108 minutes, Bull Durham is rated R for profanity and sexuality. I rate it with four out of five stars, simply because it is a close to perfect in examining baseball and the people who play it and love it from the stands. Only the fact that it drags quite often keeps it from being a five-star film.

Field Of Dreams ★★★★★

Finally, Field Of Dreams, which is tied with Amadeus as my all-time favorite movie. (How can I choose between them—it would be like trying to choose which is prettier—a sunrise or a sunset)

I must assume that everyone has seen this classic film, the middle movie in the Costner Trilogy, so I won't explain the plot, the acting, the script, or the cinematography, each of which continues to inspire me. And I watch this film at least once a month in the winter. Sometimes more often when it's really cold and snowy and when spring seems impossible.

Instead of a review of something we all have seen, let me share a few interesting facts about Field Of Dreams.

"Shoeless" Joe Jackson (Ray Liotta) is shown batting right and throwing left. Actually, he batted left and threw right.

Archie "Moonlight" Graham was a real ballplayer who is accurately portrayed in the film, except that he's shown batted right when in fact, he swung from the left side of the plate. But he did only play one inning in the big leagues, he really did become a doctor in Chisholm, Minnesota, and he really did all the kind and generous things attributed to him in the film.

And finally, when a long line of cars is seen driving toward the Field of Dreams, most of them are actually sitting still. The shot was carefully planned, but with 1,500 cars, all the director got was a monstrous traffic jam. So each driver was instructed to flash the headlights from high to low, over and over, to simulate movement.

Field Of Dreams is rated PG for language. I rate it with five out of five stars, because it creates hope, calms the fear of doing irrational things, and upholds the beauty of family, hard work, home and baseball—hokey things that should be embraced more than they are today. Amen.

New Video Releases

Now Available

- Behind the Red Door • Deep in the Game • First Shot
- For Da Love Of Money • Instinct to Kill • Paid in Full
- Waking Up in Reno • Walking On Water
- Harry Potter and the Chamber of Secrets (4.11.03)

Coming 4.15.2003

- Antibody • Big Shot's Funeral • Castle in the Sky
- Cube 2: Hypercube • Drumline • Evelyn • Hysterical Blindness
- Invincible • Obstacles • Rabbit-Proof Fence
- Spirited Away • The Transporter

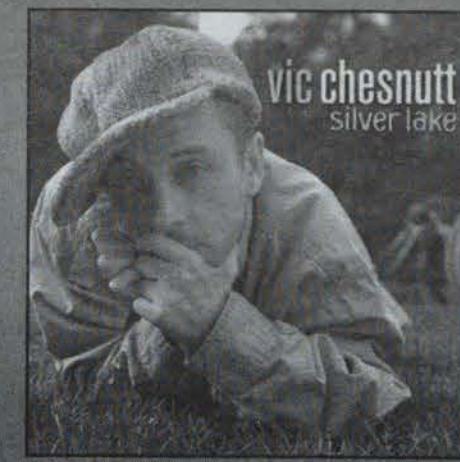
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Vic Chesnutt, Silver Lake

An 11-song masterpiece that is melodic, smart, exhilarating, poetic, sentimental, dark and funny. His style is ramshackle folk, shot through with a punk spirit.

—Q Magazine



Essence, Mariposa

"Essence's voice is completely her own. Her mystic sound is balanced by a down-home innocence, honest and humor... the Essence vibe is unique."

—SF Examiner



Sonny Landreth, The Road We're On

"Sonny Landreth is born of the mix of the musics of his native Louisiana: Cajun music and its cousin Zydeco, swamp blues and pop, Southern-fried blues and rock & roll. He's a wizard on the slide guitar and has a meaty, spunky style that sizzles like thick-cut pepper bacon on a grill."

—JazzReview.com



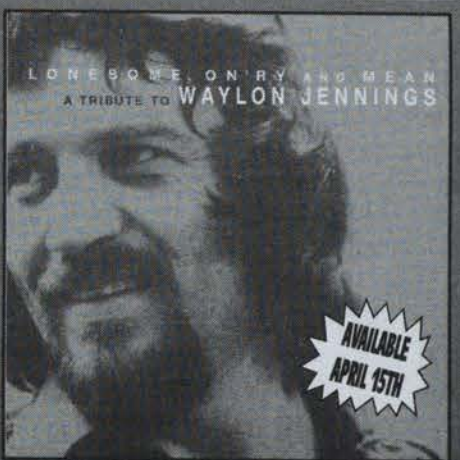
Pink Floyd, Dark Side of the Moon

To commemorate the 30th anniversary of this classic, Capitol Records is re-issuing Pink Floyd's Dark Side of the Moon, arguably the greatest rock album ever released, on the Super Audio (SACD) format, resulting in a new 5.1 surround sound mix. Features exclusive packaging: new art and 20 page booklet by original DSOTM designer Storm Thorgerson.



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paw print

Cat Quotes

by David the Dogman

Here are some literary commentaries on cats, suitable for pasting up on the office or kitchen wall, using as a tag line in your e-mail, or wrapping fish in.

"A cat is more intelligent than people believe, and can be taught any crime."
Mark Twain

"One cat just leads to another."
Ernest Hemingway

"The cat has a nervous ear, that turns this way and that. And what the cat may hear, is known but to the cat."
David Morton

softest cushion in a room is infallible, his punctuality at meal times is admirable, and his pertinacity in jumping on people's shoulders till they give him some of the best of what is going, indicates great firmness."
Thomas Henry Huxley

"Some people say that cats are sneaky, evil, and cruel. True, and they have many other fine qualities as well."
Missy Dizick

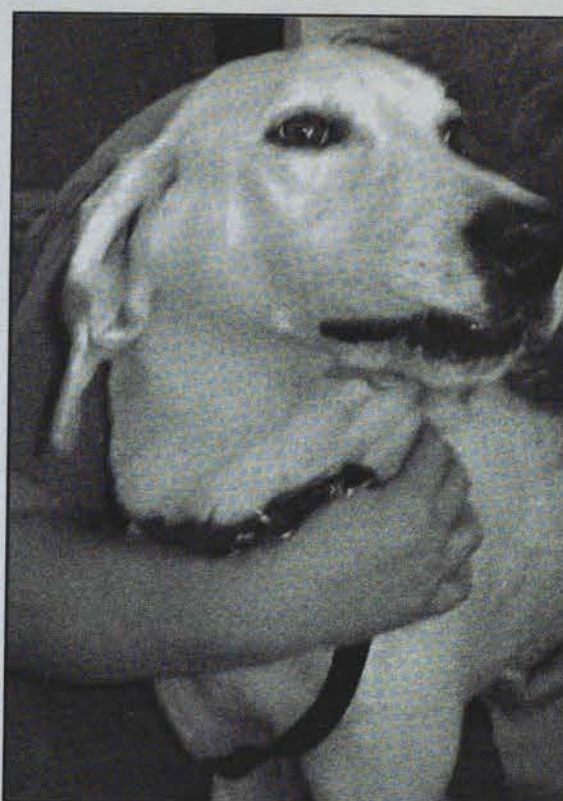
"Cats do care. For example, they know instinctively what time we have to be at work in the morning and they wake us up twenty minutes before the alarm goes off."
Michael Nelson

"As to Sagacity, I should say that his judgment respecting the warmest place and the

It's just an old alley cat that has followed us all the way home. It hasn't a star on its forehead, or a silky satiny coat. No proud tiger stripes, no dainty head, no elegant velvet throat. It's a splotchy, blotchy city cat, not a pretty cat, a rough little bag of old bones. 'Beauty,' we shall call you. 'Beauty' come in."
Eve Merriam

Adopt a Pet: Hunter

by the Animal Refuge League



Handsome Hunter is a 4 year old Walker Hound mix transferred from the Augusta shelter where his owners brought him because they could no longer care for him. Hunter's recent life has been fairly tumultuous, and the staff is optimistic that his next home will be the best one. Relegated to life as an "outdoor dog" at his previous address, Hunter is looking to move inside where he can bond with and become a beloved member of his family. Hunter is a beautiful dog with distinctive markings and coloring.

Not a lap dog or for those who want a sedentary companion, Hunter is eager to get into a regular aerobic exercise routine, perhaps attend training class, and have a family with time for an athletic dog. Hunter cannot reside with cats or small animals, as his interest in them is too focused and intense for comfort. It is reported that Hunter has lived with older children in his past, although his size and energy

level is too much for toddlers and young children. As with many people, Hunter has a difficult time with transitions, and needs ample opportunity to settle into a new environment with novel sounds, faces and smells. Hunter's breed mix makes his nose his compass, so owners expecting instant obedience and compliance will be frustrated with a hound. Hunter has lots of pent-up energy waiting to be expended in supervised off-leash running, playtime and training, so life in the city may not be the best setting for this dynamo. Hunter is gradually settling into the shelter routine, and his barking has decreased along with his stress level. Hunter is a lovely, loving dog who has had far too many upheavals in his lifetime. Dogs, like people, are creatures of habit, and Hunter is looking to get his groove back!

Hunter is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlgo.org.

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free will astrology

Week of April 3 • ©2003 Rob Breznys

ARIES (March 21-April 19): I've been scouring herbal textbooks and tantric literature to find out if there's such a thing as a labor-intensive aphrodisiac—in other words, a stimulus that would inspire you to work hard to become a fantastic lover. I'm not saying your amorous skills are inferior, Aries, just that there's room for improvement. The coming weeks will be an excellent time, astrologically speaking, to apply yourself to this worthy project. And if I do run across that labor-intensive aphrodisiac, I'll let you know. In the meantime, pursue the leads that your intuition provides. And remember this: The capacities that make you a great lover has only marginally to do with physical techniques and mostly to do with emotional intelligence and spiritual integrity.

TAURUS (April 20-May 20): The astrological factors coming to bear on you right now are uproarious yet profound; they're mischievous, intense, and catalytic. In alignment with this spirit, I've composed your horoscope by channeling appropriate bumper sticker slogans. Repeat the following affirmations frequently, Taurus, or print them on pieces of paper and tape them to your back.

"Don't follow me; I'm following my bliss."
"I'm not tease—just terribly, terribly alert."
"I don't suffer from insanity; I enjoy every minute of it."
"I'm talking to myself—please don't eavesdrop."
"Don't worry—it only seems kinky the first time."
"Warning: I have an Attitude and I know how to use it."

GEMINI (May 21-June 20): How to be the best Gemini you can be? A reader named Shimmering ElI wrote eloquently about that topic. His words should be helpful as you face this week's Gemini-enhancing tests. "Be amazed with and in awe of yourself," Shimmering ElI began. "And try to keep doing new things to justify your amazement and awe. Be like the Native American heyoka who rode his horse backward, wearing only an apron in a blizzard, with sweat running down his chest. Talk to yourself: people can join in if they want to. Have a large papier maché ego, redecorate it often. Be like Grandmother Spider who created the world by imagining it. Be like Pygmalion and fall in love with your creation. Never imitate. Be a tricky, sticky tickler. No one will ever solve the Sphinx's precocious riddle if she doesn't know the answer herself."

CANCER (June 21-July 22): It's time to go straight to the source, Cancerian. Eliminate the middlemen—and the middlewomen, too. Don't believe anyone who claims that he alone can connect you with the valuable stuff you need. As much as possible, wean yourself from translators, agents, and brokers. And don't worry: This won't result in you becoming lonely and isolated. I predict that whenever you shed a relationship with someone who uses and exploits you, you'll open the way for a new link with a person who is respectful of your gifts.

LEO (July 23-Aug. 22): In a recent article in a British tabloid, Leo diva Madonna spoke contritely about why she published the controversial book *Sex* back in 1992. "I was just being an ego-driven nutcase," she confessed. This admission impressed me. Everyone makes bad decisions motivated by out-of-control egotism, but few of us have the courage to admit it—let alone a celebrity that the press regards as a megalomaniac. I suggest you draw inspiration from Madonna's example in the next few days, Leo. If you cop to a past outbreak of unseemly arrogance, I predict you'll unleash magic that will ultimately spawn fresh accomplishments for which you can be rightfully proud.

VIRGO (Aug. 23-Sept. 22): Famed TV producer Sherwood Schwartz had a hand in making more than 700 TV shows, and he co-authored theme songs for the sitcoms "Gilligan's Island" and "The Brady Bunch." Every year he collects about \$60,000 in royalties for those tunes, written so many years ago. I'd like to alert you, Virgo, to the fact that you're now in a phase similar to the one Schwartz was in when he got inspired to compose those long-term money-makers. It's time to create a legacy for yourself.

LIBRA (Sept. 23-Oct. 22): In his book *Crying, A Natural and Cultural History of Tears*, Tom Lutz asserts that people don't cry as much as they used to. The English of the Victorian era, supposedly renowned for their stuffy be-

havior, put us to shame with their abundant outpouring of tears. So what's our excuse? There's as much, if not more, to be mournful about nowadays; and we certainly don't suffer from a lack of events to spur our cathartic joy and empathy. Would you like to volunteer to do something about the modern weeping deficit, Libra? In the coming days, you'll have rich opportunities to unleash tears of breakthrough and release.

SCORPIO (Oct. 23-Nov. 21): I direct your attention, Scorpio, to Dawn Baumann Brunke's book, "Animal Voices: Telepathic Communication in the Web of Life." There she champions the value of communing clairvoyantly with other species. Learning this skill is not only helpful for becoming closer to beloved pets, she says. It can also be useful for pest control. She gives examples of people who rid their homes of ants and spider mites simply by striking up telepathic conversations with them. My theory is that this same approach can be applied to pests in human form—especially by you in the coming week. Rev up your considerable mental powers, and psychically ask jerks, annoyances, and bores to stop bugging you.

SAGITTARIUS (Nov. 22-Dec. 21): When I recorded my last music CD, a major label spent \$180,000 on my band's recording sessions at a state-of-the-art studio. The resulting music was exciting, but sales were paltry due to the company's inept marketing strategy. The new album I'm working on with my friend George is low-tech and self-financed, done completely on his computer in his bedroom. The experience is humbling but exhilarating. I'm free of my old rock star fantasies. There's no danger of having to deal with the alienating influences of fame, constant travel, and the insanity of the music business. I have the relaxing luxury of creating music just because it's fun. I recommend that you make a comparable transition, Sagittarius. Which of your aptitudes and inclinations would you enjoy more if they weren't hemmed in by unrealistic dreams, oppressive duties, and the stultifying pressures of careerism?

CAPRICORN (Dec. 22-Jan. 19): Your horoscope this week consists of the words of poet Mary Oliver, whose "White Pine" describes an experience analogous to one you'll soon have: "I have read that, in Africa, when the body of an antelope, which all its life ate only leaves and grass and drank nothing but wild water, is first opened, the fragrance is almost too sweet, too delicate, too beautiful to be borne. It is a moment which hunters must pass through carefully, with concentrated and even religious attention, if they are to reach the other side, and go on with their individual lives."

AQUARIUS (Jan. 20-Feb. 18): While out on a walk, I laughed with incredulity and derision when I spied a front yard where gorgeous poppies and tulips were in full bloom—surrounded by an eight-foot-tall cage of chicken wire. Once my instinctive response subsided, I realized there was probably a rational reason for the apparent lunacy, like maybe it kept the flowers from being devoured by marauding deer. My next thought leaped to you, Aquarius. I knew that the fortress protecting the delicate blooms was a perfect metaphor for what you should create for yourself in the coming week.

PISCES (Feb. 19-March 20): Feeling bereft because of the war, I found myself longing to connect with sources of inspiration that have fueled me over the years. I scoured closets, shelves, and storage lockers, collecting power objects from every period of my life. They included the books I've written and C.G. Jung's *Psychology and Alchemy*, photos of my daughter and the woman I love, a painting made for me by a friend, my favorite baseball card from childhood, and many other treasures. In the ensuing days, I made the freaky discovery that five other people I know had independently felt the urge to undertake a similar gathering. A ritual like this would be perfect for you right now, Pisces. I suggest you assemble 22 of your most important symbols and create a sanctuary to protect you from the world's chaos.

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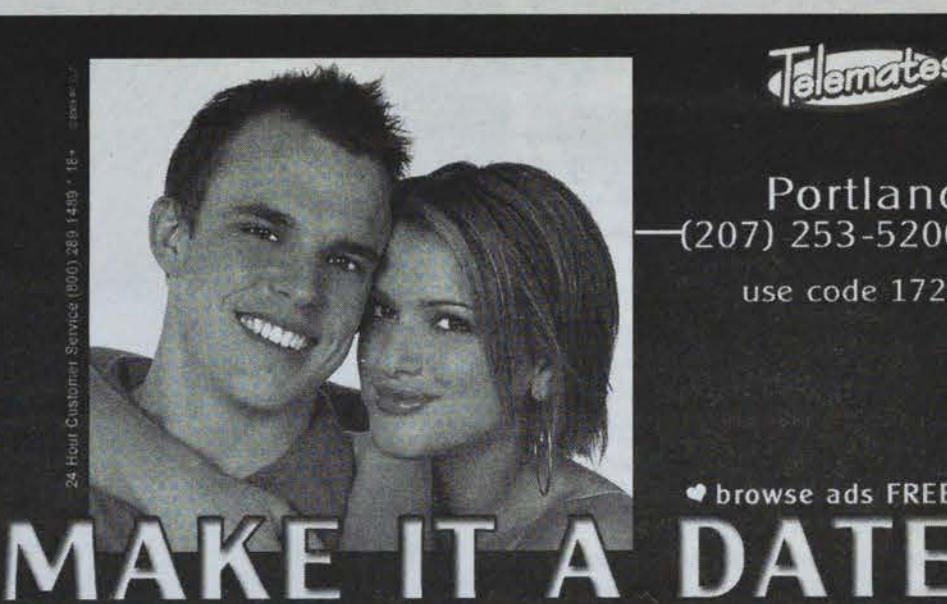
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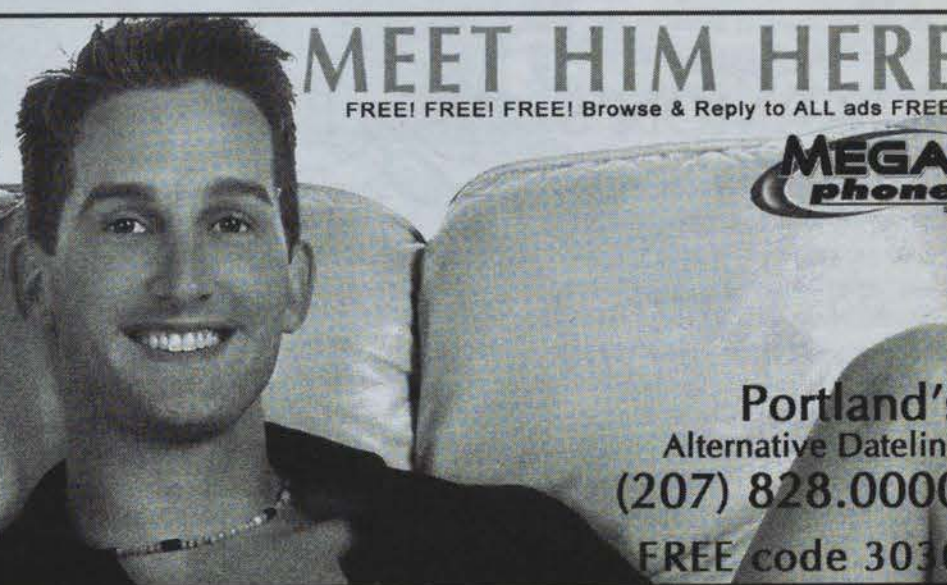
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Female Seeking Male

52-YEAR-OLD NURSE, TALL, attractive, spontaneous, adventurous, green eyes, brown hair. I enjoy romantic dinners, walks on the beach, cottages, fairs and travel. #85177

ATTENTION WORTHY, CARING, attractive, good-natured, petite, health professional. Yearning to share journey with kindhearted, honest, outgoing, available, secure professional. Sense of adventure, positive outlook, good health, light baggage mandatory. Enjoy ocean, cross-country ski, live entertainment, snowshoe. Please be N/S, 48-60. #85008

ATTRACTIVE DWF, LATE 40s, 5'8", seeks clean-cut SM, late 30s to early 50s, for LTR. Loves good movies, dancing, dining, cooking, boating, fishing, camping, picnics, scenic walks or drives or just cuddling in front of a good movie. Portland. #85032

CARING, SPIRITUAL WOMAN, 40-ish, looking for life that is sharing, giving, fun, with Man, 40-48. Enjoying life that's not greedy, materialistic or self-serving. #85035

IF YOU LIKE a variety of food, music, fun, adventure, travel, movies and shows, you might like me, too! I am slender, attractive, baggage-free with no children, looking for a real relationship, race unimportant. I'm a very young 44-year-old, N/S, L/D. #85025

LET'S MEET! ARE your nights cold like winter? Let's get together like summer. SWF, 43, enjoys walking hand in hand, rollerskating, movies, dining out, dancing and car racing. ISO SWM, 33-53 with similar interests, for friendship, LTR. Portland area. #85011

LOOKING FOR YOU, DWF, light brown shoulder length hair, blue eyes, 143 lbs, 5'5", N/S. Enjoy dancing, dining out, gardening, plays, travel and more. Seeking S/DWM, attractive, 45-52, honest, good sense of humor, similar interests. #85014

SWF, 38, LONG blonde/blue, smoker, loves NASCAR, Jeff Gordon and whatever comes along. Wishes to meet non-judgmental, open-minded Man, light smoker and drinker ok, for good times. #85178

TIRED OF BEING lonely? Plus-sized SWF, 42, brown/hazel, enjoys dining in or out, NASCAR, slow dancing, movies, walks on the beach and quiet evenings. Desires S/DWM, 40-50, for friendship, LTR. Portland area only. #85007

Male Seeking Female

37-YEAR-OLD, VERY NICE, handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests. For dating, possible LTR. #85013

A HOME AND a relationship, ISO a loving young Lady for a lasting relationship. I'm handsome, 40s, romantic, easygoing and willing to share my life and my home with a loyal Lady. #85018

ATTRACTIVE, OUTGOING DWM, dad of two, 5'10", 185 lbs, black curly hair, athletic build. Likes travel, long walks, skiing, quiet times, dancing. Looking for S/DWF, 30-45, attractive, romantic and affectionate, with a little spiffie and similar interests. #85030

ATTRACTIVE, EASYGOING SINGLE dad of one teen, 5'9", 170 lbs, black/brown, athletic build. Likes travel, sports, beaches and life! ISO attractive, petite, feminine Female, 5'4" or under, 30-40, who likes to laugh and enjoys life in general, with similar interests. #850022

ATTRACTIVE, EASYGOING SM, Widower, 46, good sense of humor, open-minded, outgoing, zest and passion for life. Looking for Lady with same. Enjoy long rides, music, walks on beach, mountains. Looking for Lady who's also sensual, passionate and romantic, as I am. #85175

Male Seeking Female

DOESN'T MAKE SENSE. Why I can't find a unique, adorable, sharp, extremely romantic, bighearted young Lady? I'm the same, self-employed, 40, successful, lots of fun, seeking my partner, best friend for finer things. Cio bella. (MA) #85009

GREAT QUALITY TIME and great benefits. Are you absolutely, positively looking for someone? Are you 40-60, n/s, n/drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative and romantic? I'm all of that plus. It's your move. #85003

HI, LADIES DOWN-TO-EARTH, spontaneous, honest, caring, 49-year-old Male, 6', 170 lbs, brown/brown, 36" waist, one-Woman Man, certified PC tech, well-educated, honorably discharged from service in '74, many varied interests. Looking for lovely Lady to spend time with. No games. #85151

HIKING, OUTDOOR FUN. SWM, 48, seeks Female, 40-50, who enjoys a variety of outdoor activities. Museums and concerts also a go. #85038

LIKE TO LAUGH? Are you artistic? Fairly fit? Then I've got just what you've been looking for! Now you may expect to pay 200 to 300 dollars for this but for a limited time only, you can have me free! #85031

LOOKING FOR S/D, 40-52, N/S, no drugs, occasional drinker, kids ok. Must enjoy movies, television, long drives. Will respond to all. #85183

NEAR WATERFORD. ISO S/DWF who is artistic, honest and chemical free. I live in the woods without electricity. 35-year-old DWM who is kind, intelligent, with a good dry sense of humor. #85010

PLUS-SIZED LADY, TALL, very-good-looking Male seeks pleasant, plus-sized Lady for good times. Must be very healthy. Redhead a plus. Please be discreet. Call now, let's talk! #85023

ROSES, CARROT CAKE. SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit, SOH, romanticist. Seeking attractive SWF, 49-55, who is also seeking a partner and knows she deserves love and nothing less. #85154

SEEKING SOULMATE. CHRISTIAN DWM, 48, 5'6", outdoorsman, hiker, sunsets, star grazer, nonmaterialistic, mountain and ocean. Seeking Christian, petite Female for LTR. #85170

SINGLE WHITE MALE, 46, seeking Single Female for discreet times. #85166

SUPER SENIOR! I'm 5'9", 165 lbs, physically and financially secure, ISO slender, athletic Lady, in her 60s, to join me in tennis, golf, travel and more. Let's meet in my dark-room and see what develops. Greater Portland area, please. #85017

WANTED: WOMAN OVER 50. 37-year-old Male, brown/green, athletic, N/S, spiritual and wants to enjoy good times together. #85179

WM, 45, SEEKS nice, warm, sweet Lady for friendship and hopefully more. Love country living, horses, cattle, vegetable gardens, cooking, cleaning. Me: sorta long, groomed brown hair, brown eyes, 210 lbs, 6', family-oriented. Long walks, sunset. #85034

YOUNG-LOOKING, HEALTHY, CLEAN-CUT SWM, 36, 5'11", 170 lbs, friendly, outgoing, open-minded, wishes to meet marriage-minded (or not), younger, healthy, fit Female companion, 18-25, for LTR. I would like to have kids of my own. #85157

Alternatives

M to M

A HELPING HAND. B/WM, mid-40s, tall, good-looking, very healthy, seeks other BIM's and other Married Couples needing that hand to make all their dreams come true. Be very discreet. #85022

Alternatives

BRUNSWICK AREA. HUMOROUS, young-looking GWM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving SM, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. #85152

GWM, 49, 5'6", brown/blue, 140 lbs, romantic, passionate, humorous, into quiet dinners, cuddling by the fire, dancing and just having fun. Put the song back into my heart. Personality first, looks secondary. #85029

GWM, BOYISH, SOUTHERN Maine, 34, 5'7", 134 lbs, brown/brown, healthy, weightlifter, six-pack abs, hard-working, drug-free and healthy, n/s, straight-acting. Looking for same, 35-42, hardworking, relationship-oriented, healthy, honest, sincere, good-looking. #85004

I'M A 40-YEAR-OLD, masculine Male hoping to meet Male, 50+, who is also mature and comfortable with himself, for meeting and possible LTR. #85156

LEWISTON MASTER, GWM, top, 39, ISO thirtysomething GWM, bottom, you be clean-cut, H/W/P, versatile, spontaneous, sense of humor, willing to be dominated in or outdoors. LTR for right Male. To enlist, call. Honesty is the best policy. #85028

THIS 39-YEAR-OLD, GOOD-LOOKING GWM, 6', 185 lbs, is seeking other joie de vivre. Enjoys working out, fitness, outdoors, cycling, traveling, movies, cafes, good conversation. Seeking other Guys between 35 and 45, with similar interests. #85015

YOUNG GAY MALE, 18-25, needed for attractive, healthy BM, 60. I am a stay-at-home Man who enjoys movies, sports and your services. Be healthy, feminine and no attitudes, under 5'8" and no overweights. #85173

Wild Side

41-YEAR-OLD MALE LOOKING to find Females, males or both who enjoy nudity and sexual adventures. Uninhibited and willing to satisfy. Let's get naked and go from there. #85012

43-YEAR-OLD MARRIED BIM looking for well-equipped BIM playmate for possible long-term friendship and hot times. No Gays. #85169

ATTRACTIVE, EASYGOING WOMAN desires a mature Gentleman for a creative relationship. Discretion guaranteed. #85176

BI WHITE MALE, 45, 6', 190 lbs, into cross-dressing, seeking others who are also into cross-dressing. #85161

BICOUPLE SEEKING BIFEMALE, for kinky fun. We love adult movies and toys. We are discreet and healthy. Age and race not important. Let's get together. #85016

BISexual WF, NOT Married, wants to have fun with a healthy Couple, 30-40. This is mine and my Male mate's fantasy. N/Drugs or cigarettes. One-time deal. Must be discreet. #85160

FIFTYSOMETHING MALE, 6'2", 200 lbs, quiet introvert but personable and healthy. Desires to meet an independent, H/W/P Woman for mutual fun, pleasure and hopefully LTR. #85036

IF SIZE MATTERS. Ladies, if you are bored with the average Guy and want something special, this tall, good-looking Male is waiting to give you something to smile about. Please be very healthy and discreet. #85027

MALE, 42, NUDIST, looking for a Female who is interested in nudism, 20-35, with a Britney Spears type body. #85155

MARRIED WHITE COUPLE. She: 40. He: 47. Both attractive, healthy, fit, nice bodies and personalities. Seeking same in Bif, BIM, Bi Couple, for friendship and discreet fun. #85182

MARRIED WHITE FEMALE looking for SM playmates, 25-50. Must have many interests to keep me entertained. Looking for friendship, not one-night stand. #85171

Alternatives

CASUAL, IMAGINATIVE ENERGY exchange desired by 50s Lady of medium height, slender, outgoing, with tallish, professional, n/s Man, outdoor and indoor fun in Southern Maine. #85163

SEEKING BI COUPLE. GWM, 39, 6', 190 lbs, healthy, good-looking, professional. Would like to meet sincere, attractive, fit Couple, 30-42, for friendship and more. Curious to fulfill fantasy. #85165

SEEKING ONE MATURE Lady, (preferably married), for a creative relationship, with a very married, attractive, young 50s Gentleman. Absolute discretion guaranteed. #85037

UNBELIEVABLE, EXTRAORDINARILY ATTRACTIVE, pre-op, 40-year-old Hispanic and Indian wishes to meet someone for a long-term monogamous relationship, 45-50. #85024

VERY DOMINANT, STRICT BM, 40, sensitive, handsome, well-groomed, new to Maine, desperately seeking Couples: Black, White or interracial, for fantasy fulfillment for both parties, adult fun and much more. Please be clean-cut and healthy. All Women must be 180-280 lbs, 30+-. #85020

WICCAN PRIESTESS, I will be a faithful member of your coven. I'm healthy, handsome, discreet and easygoing. Let me share your mysterious coven and enjoy the great pagan rites. #85019

WM, 48, SEEKS contented, slender, sensual, spirited, spontaneous Shehe, any race, 30-50, for happy, monogamous LTR. Simple, quiet, rural life with respect, peace, humor, art, creativity, books, museums, mountains, oceans and exploring new challenges. All calls returned. Freeport, Brunswick area. #85181

YOUNG 40-YEAR-OLD MALE looking for maybe seven others interested in having evenings of adult fun. Must be discreet and healthy. Heck, the Romans did it, why can't we? I'll bring the wine. #85033

YOUR JOY IS my goal. I'm a gentle, patient DWM, early 50s, seeking passionate, attractive, unattached, N/S Lady, 40-50, for a secret, discreet, sensual affair. Please be drug-free, healthy and in southern Maine. #85180

I Saw You

I SAW YOU! Our eyes met in the frozen vegetable aisle, Walmart in Auburn, Wednesday, February 12th, 10:30 a.m. You smiled: pretty, curly red hair, jade necklace. I smiled back: blue-jean cap, green jacket. Interested for coffee? Call! #85167



Casco Bay Weekly PERSONALS...
...because it's never too soon to find your soulmate

for the record

ADAMS ELEMENTARY SCHOOL

*Principal: Carol Dayn
Partnership Developer: Tina Elliott
Phone Number: 874-8228*

Website: <http://adams.portlandschools.org>

Adams School has enjoyed a long relationship with an outstanding volunteer. Anita Chandler from the Southern Maine Area Agency on Aging has been volunteering faithfully every Tuesday morning for the past seven years in Erin Behen's first grade classroom.

Anita is also the executive director for the Senior Maine Games. Mrs. Chandler reads one on one or to the whole class She has frequently brought in healthy snacks for all children. In the winter she has even provided all the kids with hats and mittens. She is a wonderful asset to Mrs. Behen's class. Most importantly Anita touches all the children with her kind and loving words.

BAXTER ELEMENTARY SCHOOL

*Principal: Steve Connolly
Partnership Developer: Phyllis Hey
Phone Number: 874-8190*

Website: <http://baxter.portlandschools.org>

Baxter kindergarten and first grade students culminated a gingerbread unit by decorating and enjoying gingerbread cookies donated by Big Sky Bread Company.

Baxter School is pleased to welcome Big Sky Bread Company as our newest business partner. As a longtime, generous supporter of Baxter School, we are thrilled to formalize our relationship with Big Sky. Owner Martha Eikos, a Baxter parent volunteer, will be teaching Junior Achievement to Karen Bubbar's kindergarten/first grade students in March. Big Sky is also planning to display our student's artwork in their Forest Avenue store.

Gretchen Berg conducted a dance theater residency at Baxter School. Since outside recesses have been scarce, creative movement gave second and third graders a way to use their physical energy, by creating and performing stories. The residency focused on physical theatre that uses dance, mime and acting to create plot, props and set. When finished, the final performance will be shown on Channel 3 cable access. Funding for the residency came from a Fleet Bank School Matters grant to art teacher Peg Richard and physical education teacher Marge Queen, and from the Baxter School PTO. In addition to providing a dance theater opportunity for children, the grant funding enabled teachers Peg Richard and Marge Queen to learn techniques of teaching theater and movement to their students.

NATHAN CLIFFORD ELEMENTARY SCHOOL

*Principal: Marysue Morrison
Assistant Principal: David Turner
Partnership Developer: Donna Beattie
Phone Number: 874-8180*

Website: <http://clifford.portlandschools.org>

Nathan Clifford is very pleased to announce the establishment of a new business partnership with the University of Southern Maine. Thanks to Ed Suslovic, a Clifford parent and newly elected Maine State Senator, Bob Caswell, Director of Communications for USM, Glenn Cummings, Portland Partnership Director and also one of our state representatives and Donna Beattie, Nathan Clifford's Partnership Developer for all their efforts on our behalf.

Benefits of this partnership include: use of the Sullivan Gym on specified dates, reduced cost for Planetarium visits, tours of the Glickman Library and the Geographic Information Systems Lab, displays of fifth grade art at the USM Art gallery and providing a site for USM's nursing interns to do field service.

We also enjoyed two performances of Dancing through the twentieth Century in December by the Arts Academy at PATHS and the Goals for Success assembly sponsored by the Portland Pirates.

Thank you to the American Automobile Association for their donation of a child safety seat, to Frank Smith and John Mayhew for their tireless volunteering with our Alternative Recess Chess Club members, and to all of our USM mentors for the wonderful contributions they make weekly to our students.

DEERING HIGH SCHOOL

*Principal: Brenda Roy
Assistant Principals: Lenny Holmes and David Shapiro
Partnership Developer: Diane Boas
Phone Number: 874-8260*

Website: <http://deering.portlandschools.org>

Biology students are exploring science careers. Karen Shibles' biology students select a career, research skills required and complete a self-assessment tool to evaluate how their strengths apply to that profession. At the end of the project, students produce an informational brochure for distribution through DHS' Guidance Office. Careers profiled include: Surgical Technologist, Pediatric Nurse, and Crime Scene Investigator.

To link her biotechnology and immunology curriculum with area research, Sheryl Dominic took students on several field trips. At Idexx, students ran test kits identifying feline leukemia, feline aids, and antibiotics in milk. Biotechnology Services' Dr. Joe Chandler spoke to students about monoclonal antibodies and their use in testing kits. At the Foundation for Blood Research, Drs. Jeri Erickson and Walter Allen helped students isolate DNA from their cheek cells and identify transposon (a "jumping" gene) within the DNA. David Sproul hosted a visit from Brighton Medical Center for the benefit of anatomy and biology students. Brighton's staff spoke about careers in nursing and set up four interactive stations: Operation Room Simulation, Intubation, Arthroscopy, and Cauterization. A fifth station presented a video on a Gall Bladder Removal. Students had opportunities to experiment with several pre-operative and surgical techniques.

HALL ELEMENTARY SCHOOL

*Principal: Deidre Steiner
Assistant Principal: Karen James
Partnership Developer: Sue Ghelli
Phone Number: 874-8205*

Website: <http://hall.portlandschools.org>

It's a Team Effort

Many thanks to Gerard Kiladjian and his wife Annie Kiladjian for their unbelievable time and commitment in volunteering at Hall. Gerard has been in our fourth grade class to present the Junior Achievement program. This program starts students thinking about resources, products and services, businesses, and the economy in general. His wife Annie volunteers with French teacher Tad Williams helping students enrich their French speaking skills with games, prizes and lots of fun.

Another husband and wife team is Kevin and Dianne Coyne who supervise our monthly career groups, which allows our students to focus on a special career, do some research, and invite guest speakers like Jeremy Somma who came in to explain to the students what it is like to be in the military, showing different types of uniforms and showing many pictures of the places he has been while in the military. Thank you Foster Grandparent "Grammy Bev" for your gracious time you spend with our ESL Kindergarten class. The kids really LOVE YOU!

Project Magic: A Federally Funded Title VII Grant

Hall School is one of two Portland elementary schools that have received a Title VII educational enrichment grant. This federally funded grant offers our ESL students opportunities to participate in field trips and artist-in-residencies, and supplies ESL classrooms with educational materials and technology purchases. One activity was our ESL Literacy Night in December where parents, caregivers, and relatives

Portland Partnership is a nonprofit organization committed to building community relationships. Its goal is to assure that all Portland Public School students are learning for their future. The following are highlights of current partnership projects between area schools and the community:

received a literacy bookshelf so that each child can have a designated place for their classroom-made books. The grant pays for coordinator/resource specialist Linda Stimpson to work with ESL teachers and students on a part-time basis at Hall and at Lincoln High School.

Special Guests at Hall

Schoolteachers and students (first and second grade) were delighted to have the PTO sponsor Judy Pancoast for a two-day song-writing workshop. Judy is a renowned music educator who guided the children through the song writing process. The highlight of our workshop was an evening performance for parents. Each group got to sing the songs they composed based on the theme of friendship. It was a truly enriching experience.

KING MIDDLE SCHOOL

*Principal: Mike McCarthy
Assistant Principal: Kathleen Bouchard
Partnership Developer: Nancy Berrang
Phone Number: 874-8140*

Website: <http://king.portlandschools.org>

With support from the National Geographic Education Foundation, Windsor 6 students have been studying the benthic zones on the ocean floor. On a January field trip to the beach, students focused on the intertidal zone, comparing rocky and sandy beach characteristics. They evaluated human impact, collected water quality data and the sounds of the intertidal zone with recorders. Back in the classroom, students continued their studies of the ocean floor and wrote poetry that captured "the essence" of the ocean. The students worked with dancer Alyson Hart to develop movement that brought each zone to life, and wrote music to represent each of the zones. Residents of 75 State Street sewed costumes for the culminating performance called Dancing into the Depths. The show can be seen on Channel 3 in March.

As part of an expedition on Structures, students built trebuchets and wooden truss bridges in technology education. A trebuchet is a medieval weapon designed to tear down structures, such as castles. The students, working in groups of two or three, designed and built their trebuchets, which they presented to a panel of judges. The longest launch was 45 feet! The students also built wooden truss bridges. The most efficient bridge had a mass of 51 grams and held 108 pounds! Our technology education teacher, Gus Goodwin, received the award for the Technology Education Middle School Program of the Year, given by the Technology Education Association of Maine. Congratulations! The Expeditionary Learning Outward Bound National Conference will take place in Portland on March 20-22, 2003. Expeditionary Learning was developed as a program of Outward Bound in 1992, and King Middle School is one of 130 Expeditionary Learning schools in 29 states. King students display their work at the annual Celebration of Learning, which will coincide with the National Conference.

LINCOLN MIDDLE SCHOOL

*Principal: Kathie Rossi
Assistant Principal: Rita Moore
Partnership Developer: Tina Mikkelsen
Phone Number: 874-8145*

Website: <http://lincoln.portlandschools.org>

MEA Breakfast is a Huge Success

Lincoln Middle School's eighth grade MEA breakfast was a delicious collaboration between our PTO and our business partner, Embassy Suites Hotel. Chef Carl Andersen and Food and Beverage Director, Steve Leonard brought us waffles, sausages, hash browns, and juice. Deb Dowd, Vicki Dunn, Sukie Benoit and Margaret served over 215 breakfasts in record time plus seconds, thirds, and even fourths!

Lincoln Students Provide Holiday Cheer Before December vacation, Lincoln Middle School entertained the residents at Park Danforth, our neighbors up the

street. The Handbell Choir's clear and greeted residents as they entered the activity room. Next up were a flute trio and then the barbershop group. The residents thanked students with a delicious snack and a bag of "Snowman's Soup" for the road.

Thank you to:

- State Senator Mike Brennan and State Representative Joseph Brannigan for an informative presentation on the school funding formula to the Lincoln PTO.
- Carol Starbird Crawford who leads an intramural boy's basketball league two days a week before school.
- The Portland Chamber of Commerce and Junior Achievement for co-sponsoring our job-shadowing field trips.
- The business that welcomed us on our field trips: Advantage Gases & Tool, Best Buy, City of Portland, Maine Alzheimer's Association, McFarland Spring, NL Partners, Portland Public Works, South Portland City Hall and the Town of Scarborough.

Congratulations to:

- Seth Robinson and Joseph Tounge who placed third in Portland's first Readers Digest Word Power Challenge.
- Seth Robinson of Knox House who won the school spelling bee.
- Seth represented Lincoln at the county spelling bee Tuesday, March 11th at 6:30 p.m.
- At the Frank H. Harrison Middle School in Yarmouth.
- Tom Hunt of Oxford House and Justin McCallum of Somerset House who finished second and third, respectively, in the school spelling bee.

LONGFELLOW ELEMENTARY SCHOOL

*Principal: Dawn Carrigan
Assistant Principal: Christine Bearce
Partnership Developer: Liz Meahl
Phone Number: 874-8195*

Website: <http://longfellow.portlandschools.org>

Grant

Olivia Solodar and Sue Corrado wrote a TEAMWORK FOR KIDS Grant sponsored by the Maine Support Network that will enable a team from Longfellow to attend the Maine Support Network's upcoming winter retreat. The theme of the conference is "Exploring the Depths of Educating All Children." Longfellow's team is comprised of Sue Corrado, Kate Conley, Laura Pellerin, Olivia Solodar and Jill and Bob McGowan, parents of a Longfellow third grader. A requirement of the grant is to develop a model for designing, implementing and assessing individual teaching units, which incorporate regular/special ed. Teacher involvement, as well as parent and student participation. Our goal is to involve parents and students to the extent that it is appropriate in flexible curriculum planning.

Istar

Longfellow welcomed Istar, the inflatable life-sized humpback whale into the gym in early February. Istar came as part of an outreach program coordinated by the Children's Museum of Maine. The kindergarten and multi 1/2 grades were quite captivated by the largeness and interesting facts as provided by Suzanne Kahn, the museum's Education Coordinator. Thanks to UNUM Provident for sponsoring this event.

Longfellow Muralists Make Their Mark

The Longfellow Mural Club is comprised of 12 fifth grade artists who paint murals in and around our school. Each mural is based on the poetry of Henry Wadsworth Longfellow.

So far, four murals have been completed. "The Children's Hour" is featured in two primary bathrooms, and the "Arrow and the Song" is illustrated in the intermediate bathrooms. The students painted beautiful images that really lived up these spaces.

In May the Mural Club will paint a large mural on a 300-foot playground wall, illustrating "My Lost Youth." Longfellow's

ode to Portland. The students will research Portland and Deering neighborhoods, incorporating learner expectations such as Collaborative Worker, Knowledgeable Person, Quality Producer and Effective Communicator.

Thanks to a UBS Paine Webber/Portland Partnership Reach-Out Grant, the Longfellow Mural Club has received money for paint and art supplies. These fifth graders are exploring their creativity and leaving a wonderful mark on their school and community before they head off to middle school.

LYSETH ELEMENTARY SCHOOL

*Principal: Jeff Porter
Assistant Principal: Phoebe Russell
Partnership Developer: Sylvie Montello
Phone Number: 874-8215*

Website: <http://lyseth.portlandschools.org>

Community Service At Lyseth

Heidi Almy's second grade and Eileen Dawson's fourth grade students got together to make beautiful valentines for the "Meals on Wheels" program. Lynette LeClair from the Salvation Army visited the students to talk about the program and to commend them for their efforts to brighten someone's day. The valentines will be distributed with each meal delivered Valentine's Day.

Many Hands Make Light Work

Heidi Almy's and Sheila Hayward's second grade Lyseth students explored the science of light and shadow. Visiting artist Laura Newman and students worked with pastels and manipulated light sources to create still life drawings. Their time together culminated with a collaborative art project where each child recreated a piece of Edward Hopper's Light at Two Lights. The individual pieces were mounted together to create a beautiful mural now on display at Lyseth. This event was made possible through an Arts In Education grant.

LYMAN MOORE MIDDLE SCHOOL

*Principal: Steve Rogers
Assistant Principal: Cynthia Loring
Partnership Developer: Sue Doyon
Phone Number: 874-8150*

Website: <http://moore.portlandschools.org>

Last fall, Andover College Cops Program held an Scholastic book fair and donated over 200 books to Lyman Moore. Thank you to Peter Hussey, Alicia Mains and John Legassey, and Andover College's continued support of our schools. Last fall, Cohscook eighth grade students, along with teacher Lauren Cormier ran an Scholastic fair for three days. For their help, Scholastic Books gave 70 books to the students. The students donated them to the Portland Fire Departments "Toy Basket Program" John Beatty from the PFD gave the books to the Barbara Bush wing of the Maine Medical Center.

As part of the same Service Learning Project Carol Allen's homeroom class is corresponding with the senior citizen's at 75 State Street. Once a month they go to visit with their "Senior Buddies." For Valentine's Day the students decorated heart boxes and wrote a biography to share with their Senior Buddies.

One of our seventh grade science teachers, Marina Penalver from Katahdin House was awarded a grant from the Portland Water District to help enhance water education and to fund a salmon rearing program for her classroom. Lynn Richards, Environmental Education Coordinator for the PWD comes into the school to support this program. Using equipment for raising salmon, the students are learning about the life cycles of salmon and the waters of Maine. The students hope to go to Saco in May and release the classroom salmon fry.

As part of the Portland Partnership initiative to help create and maintain web pages, thanks to Pam Houston for the countless hours spent on the online calendar.

The teachers of eighth grade Bailey House, (Ms. Boody, Mr. Papouchis, Mrs. McGrath, Mr. Richard and Art teacher Barbara Loring) recently visited the Portland Museum of Art. They were educated about the McLellan House and Sweat Memorial Galleries, and began planning for the AXIS program (Artists Exchange Ideas with Students). This will allow the Bailey House students to work with educators and artists affiliated with the Portland Museum of Art. These students will learn about environmental and architectural realities of the early 1800's as well as collections of American Art of the 19th Century. They will tour the museum and de-

sign artwork reflecting the thinking, planning and artistry of the McLellan House. Look for the resulting student art exhibit in the Portland Museum of Art this coming spring/summer!

PEAKS ISLAND ELEMENTARY SCHOOL

*Principal: Barbara Hoppin
Partnership Developer: Sue Carlson
Phone Number: 766-2528*

Website: <http://peaks.portlandschools.org>

Community Center

Every student had a piece of art in the show. The Portland Museum of Art donated a household membership for a door prize. Many parents and community members enjoyed the show.

Website: <http://portland.portlandschools.org>

On February 11, eleven members of the Portland High School Civil Rights Team presented a workshop at Falmouth High School's First Annual Teen Issues Day. The workshop, repeated three times during the course of the day, was on the meaning and importance of recognizing diversity. Falmouth students had identified a lack of diversity at Falmouth High as a concern, and hoped that the Portland High team could help students recognize and appreciate the diversity that does exist in Falmouth. More than twenty students signed up for each of the interactive workshops.

Tyler Hutchinson, a sophomore at Portland High School, has been selected to participate in the National Youth Leadership Forum on Technology which will meet in San Jose CA during July and August 2003. Workshops will include,

Tribal Art came in to show the museums African masks and speak about their meanings. Artist Nancy Parker from the Shoestring Theatre also visited and helped the children create clay and paper mache masks based on African folk tales. Art teacher Sally Rodstrom worked with the students to guide them in making and decorating African Shields. Using these props students are performing 2 15-minute long African Folk Tale plays, *Aansi, The Moss Covered Rock* and *Aansi and The Talking Melon*. Music teacher Sukie Rice, musical director and co-director, coordinated the music for the productions. Students performed these shows for their peers and families. Parent volunteer Virginia Conley has helped immensely with this project. Project funding made possible by Arts & Education grant, UBS/Paine Webber Reach Out grant, PTO grant, and business partner Jensen Baird Gardner and Henry.

REICHE ELEMENTARY SCHOOL

*Principal: Ken Kunin
Assistant Principal: Marcia Gendron
Partnership Developer: JoAnn Ellis
Phone Number: 874-8175*

Website: <http://reiche.portlandschools.org>

On January 27th and 28th Brenda Dana, a culture teacher at Indian Township School (one of the state's two Passamaquoddy elementary schools) visited Reiche School with her mother, Joan. They showed fourth-graders how to bead in the Passamaquoddy tradition and make bookmarks from ash wood and sweet grass.

The two women also answered questions about tribal life and history. In two short presentations, they displayed traditional deerskin and modern sequined costumes, hairpieces, and drums. They explained a ceremony using eagle feathers and performed the Tultuwats (pine needle) dance for one group of students.

At the close of their visit, Brenda and Joan Dana said, "Thank you for inviting us; it's an honor to be here. We enjoyed and loved it."

Joan Dana wrote about her visit:

Seeing you all here reminds me like
Walking in the field
Walking among all these beautiful flowers,
All multi-colored,
Spreading a sweet fragrance all over
Mother Earth.
We love you.
Wollwom. [Thank you]

RIVERTON ELEMENTARY SCHOOL

*Principal: Jill Blackwood
Assistant Principal: Deborah Fuller
Partnership Developer: Kathy Cole
Phone Number: 874-8210*

Website: <http://riverton.portlandschools.org>

Riverton School Eents

Riverton's Broadway Comes to Riverton finished its seventh season with three performances over two days. The 85 member performing group, directed by Joshua Chard and Marilyn Minsky, performed selections from "The Sound of Music," "Carousel," and "Chicago." The group attended Portland Players' production of "The Sound of Music" starring Joshua Chard as Uncle Max. Two former Riverton students, Ryan Walker and Bethany Bragdon, portrayed Von Trapp children. They also saw "The Music Man" at Lyric Music Theatre. Thanks goes to The Portland Press Herald/Maine Sunday Telegram for their generous financial support.

Items Wanted

Riverton School is looking for a two-drawer filing cabinet.

WEST SCHOOL

*Principal: Peter McCormack
Partnership Developer: Eleanor Steele
Phone Number: 874-8225*

Website: <http://portlandschools.org>

ADULT EDUCATION

*Co-Directors: Larinda Meade & Rob Wood
Partnership Developer: Anja Hanson
Phone Number: 874-8155*

Activities at the Children's Museum of Maine

April 10 - April 23, 2003

FMI:
Call 828-1234 ext. 221



Toddler Time Beach Party
Thursday, April 10, 9:00-11:00 am
Get ready for summer! Toss a beach ball, dance the limbo, touch some real sea creatures and make a seashell project. Sunglasses, beach hats, and bathing suit attire welcome!

An Evening with Family Educator Pam Leo for Parents
Thursday, April 10, 6:00-8:00 pm. \$5 admission
Childcare will be available.
To pre-register, call 828-1234, ext. 228
Everyday, parents face the challenges of responding to their child's temper tantrums, crying, frustration, grief and anger. In this workshop, we will examine these challenges and learn to understand why the crying is the healing, not the hurting.

Grandparents' Day
Friday, April 11, 10:00-5:00
Grandparents receive one free admission with a paid admission, when they bring a grandchild to the Museum. Check out the special programs for the young and young at heart. Learn Spanish in a special morning class. Meet a Maine animal friend with Sparks' Ark from 11:00 a.m. - noon. Art projects, star shows and more will be happening throughout the day.

Spanish for Early Learners
Friday, April 11, 10:00-10:30 am. For ages 3-5
Learn a few everyday words in Spanish during this 30-minute program taught by native speaker Carmen Menjivar. Menjivar has taught Spanish at various preschools in the Portland area.

Meet Maine Animal Friends
Friday, April 11, 11:00 am-12:00 pm
Join Maine wildlife rehabilitator David Sparks of Sparks' Ark and get up close with some of his furry friends! FMI, call 828-1234 ext. 221.

Planet Earth 3D Photography Show
Saturday, April 12, 1:00 & 2:00 pm

Cool Science: Compass Course
Saturday, April 12, 3:00 pm
Learn how to use a compass and try to make your way through the compass course using this new skill.

Art Adventures - Homemade Stickers
Sunday, April 13, 2:30-3:30 p.m.
Using homemade sticker papers, make unique and wonderful stickers with magazine cutouts, markers and more. Take the recipe home so you can make your own sticker sheets.

Preschool Play
Wednesday, April 16, 10:30 am

Art Adventures - Feely Tree
Wednesday, April 16, 2:00-4:00 pm
Start with finger painting and design a tree full of different textures and materials. Grow your own tree by adding leaves, birds, sticks and a nest.

Danskinetics Movement Classes
Wednesdays, April 16, 3:00 pm
For parents and kids!
Join certified Kripalu Danskinetics teacher Olivia Cabot for an afternoon of exploration, movement and fun. Danskinetics combines yoga and dance together to teach children and parents the joy of being at home in their bodies. Attend one or all classes.

Toddler Time with Music and Movement
Thursday, April 17, 9:00-11:00 am

Cool Science: Bees, Hives, and Honey!
Thursday, April 17, 2:00 pm
Explore the home, food, and travels of these amazing insects and learn the dance of the bees. Program repeated on Saturday, April 19 at 2 pm.

Puppet Playhouse
Saturday, April 19, 12:00 & 12:30 pm

Animals Visit the Museum
Saturday, April 19, 1:30 pm
Staff from the Animal Welfare Society will talk about owning a pet.

Earth Camp at the Children's Museum of Maine
Monday-Friday, April 21-25
9:00-3:00 (aftercare available)
Tuition is \$150 for non-members and \$140 for members. For more information, call Suzanne at 828-1234 ext. 229 or email: suzanne@kittetals.com.

Sparks' Ark Vacation Show
Tuesday, April 22, 1:30 pm
Meet a variety of Maine animals and learn about their unique features and habitats.

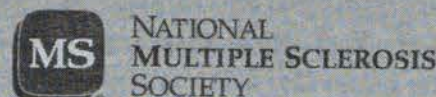
Preschool Play
Wednesday, April 23, 10:30 am

Water Cycle Puppet Show
Wednesday, April 23, 2:00 p.m.
Where does the water we drink come from? Learn about importance of our streams, lakes, and rivers in the water cycle. Presented by the Portland Water District.

Art Adventures: Crayon Rubbing
Wednesday, April 23, 2:00 - 4:00 pm
See the effects that objects have when you use them for crayon rubbings. You can experiment with lots of objects and textures.

General Admission:
\$6.00 per person (under age 1 free)
(Admission is free with museum membership.)
Group Rate
\$3.00 per person - groups of ten or more with reservations - call 828-1234, x234 FMI
Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine, next to the Portland Museum of Art.



BIOGEN - MS ActiveSource™ presents the

MS Challenge Walk

3 days. 50 miles. Closer to a cure.
Sept. 12, 13, 14, 2003 - Cape Cod

The MS Challenge is more than physical endurance, more than a test of mental strength. It is a life-changing event, a celebration of human spirit. Those who accept the challenge believe that one long journey over three days will ultimately shorten the road to the cure for multiple sclerosis.

Among the devastating setbacks for those who have multiple sclerosis, or MS, is a loss of the ability to put one foot in front of the other. As with other events of the National Multiple Sclerosis Society, the MS Challenge Walk affirms our commitment to stop MS. When you walk, you move the world closer to a cure.

It is not about being athletic - it is about showing compassion. This may be the greatest walk you ever take. Through this 3-day, 50-mile event, participants raise money for vital research and programming dedicated to finding a cure, and helping those who live with MS.

The National MS Society... One thing people with MS can count on

Multiple sclerosis (MS) usually strikes adults in the prime of life - between the ages of 20 and 50. It is a chronic disease of the central nervous system affecting the brain and spinal cord. One new case of MS is diagnosed every hour. It comes and goes unpredictably, leaving people to wonder, "Will I become paralyzed, blind or have trouble walking? Will I be able to raise my family and continue my career?"

Thanks to significant advances in research, the FDA has approved several treatments that may alter the underlying disease course of multiple sclerosis, and early treatment is critically important. People with MS should consult their doctors about using one of these FDA-approved medications and other effective treatments for the symptoms of MS.

If you or someone you know has MS, contact the National Multiple Sclerosis Society at 1-800-493-9255 or visit msnewengland.org.

Attend a free Explore the Challenge meeting

Thursday	April 10	6:30 PM	MS Society	Portland, ME
Thursday	April 10	7:00 PM	MS Society	Bedford, NH
Thursday	April 10	7:00 PM	MS Society	Wareham, MA
Tuesday	April 15	7:00 PM	MS Society	Waltham, MA
Tuesday	April 15	7:00 PM	MS Society	Bedford, NH
Tuesday	April 15	7:00 PM	MS Society	Wareham, MA
Thursday	April 17	7:00 PM	MS Society	Waltham, MA
Tuesday	April 22	7:00 PM	MS Society	Wareham, MA
Tuesday	April 22	7:00 PM	MS Society	Bedford, NH



Who you are
is illuminated
by how you help

register online @ msnewengland.org



quality time

Kids' korner

By Ben Allen

If this week, I will talk about another movie: Miyazaki's "Spirited Away." This movie won the academy award for Best Animated Feature Film, and is a great family movie if you like strange and mysterious things. A few of the characters are Jiro (Ji-hero) also known as Sen, Haku, No-Face, and others. I am not going to say anything about the story except this: it is a little slow at first, but it gets really good a little ways in. It is very strange, but the story is very imaginative. I give it 4 out of 5 stars. I saw this movie at Nickelodeon Cinema, in the Old Port. You can get more info at www.spiritedaway.net.

By the way, a few weeks ago, I wrote about www.Bzpower.com. Well, some updates have been made to it. There is a lot more info on the

upcoming Bionicle movie: "The Mask of Light." Sign-up for the club is easy. To sign up, go to the site, click register at the top right of the window, and make up a screen name and password. Then, put your parent's or your e-mail address. If you sign up, you will be able to:

- Talk to buddies via the PM (Private Message) system
- Post info and opinions on forum, even post your own Bionicle stories in the library
- Talk to site administrators
- And a lot more!

This is a great site for Bionicle fans young and old! I give the updated version four stars!

Well, That's All Folks! See ya next week! Bye!

Funny bone

Jokes

It's not always who you know

A cop stopped a lady for speeding. Reading her license, he said, "It says here that you should be wearing glasses." The woman answered, "Well, I have contacts." The policeman replied, "I don't care who you know! You're still getting a ticket!"

Running bear

Two campers are walking through the forest when they suddenly encounter a grizzly bear! The bear rears up on his hind legs and lets out a terrifying roar. They're both frozen in their tracks. The first camper whispers, "I'm sure glad I wore my running shoes today." "It doesn't matter what kind of shoes you're wearing, you're not gonna outrun that bear," replies the second. "I don't have to outrun the bear, I just have to outrun YOU," he answers.

Birdman

Little girl: "Why does your son say, 'Cluck, cluck, cluck?'"
Mother: "Because he thinks he's a chicken."
Little girl: "Why don't you tell him he's not a chicken?"
Mother: "Because we need the eggs."

Alternative medicine

The owner of a drug store walks in to find a guy leaning heavily against a wall. The owner asks the clerk, "What's with that guy over there by the wall?" The clerk says, "Well, he came in here this morning to get something for his cough. I couldn't find the cough syrup, so I gave him an entire bottle of laxative." The owner says, "You idiot! You can't treat cough with laxatives!" The clerk says, "Oh yeah? Look at him, he's afraid to cough."

Riddles

1. Forward I am heavy, but backward I am not. What am I?
2. How many times can you subtract the number 5 from 25?
3. What can be swallowed, but can also swallow you?

Answers

1. Water
2. Once, after that you will be subtracting 5 from 20, then 5 from 15, and so on and so on!
3. Water

Finding great jokes each week isn't easy. So, from now on, we are asking other kids to send in jokes for this page. We can't guarantee that your joke will make it in the paper. But, if it is a great one, we will do our best to get it in. Remember, all ages of kids read this page, so please keep the jokes suitable for family reading. Just send your submissions to cbwpub@maine.rr.com. Type "jokes" in the subject box of the e-mail and your name at the end of the joke.

Crossword

ACROSS

- 1 Arabic letter
- 4 Fr. priest
- 8 Barge
- 12 Kimono sash
- 13 Mayan year
- 14 Sayings (suf.)
- 15 E. Indian timber tree
- 16 Calm
- 18 Lop
- 20 Fr. artist
- 21 Month abbr.
- 23 Musical instrument (string)
- 27 Bonga (2 words)
- 32 Counsel
- 33 River (Sp.)
- 34 OT vision
- 36 Sheep disease
- 37 Fraction of a rupee
- 39 Kind of gypsum
- 41 Small anvil
- 43 Licensed practical nurse (abbr.)

DOWN

- 1 Tufted plant of the month
- 2 Dayak people
- 3 Stele
- 4 Asian gazelle
- 5 Judges' bench
- 6 Pressure (pref.)
- 7 Ivory (Lat.)
- 8 Sieve
- 9 Rom. first day of the month
- 10 Unity
- 11 Gob
- 17 Pro
- 19 River into the North Sea
- 22 Palestine

ANSWER TO PREVIOUS PUZZLE

A	B	C	S	M	A	P	O	O	W	L
B	E	E	T	A	W	A	Y	H	A	I
S	E	R	A	N	O	N	S	E	N	S
A	B	I	E	L	T	R	E	T		
H	A	S	L	E	T	H	E	N		
E	N	T	E	R	D	A	R	D	B	L
A	S	E	L	A	B					
L	A	S		B	O	B				
				K	E	A				
A	C	E	A		J	O	K	E	R	
D	R	E	A	D	F	U	L		N	A
N	A	B		L	O	B			O	C
A	B	U		E	G	E	R		R	E

LIBERATION ORGAN.
(abbr.)
24 Basic
25 Revise
26 Give up
27 Unruly child
28 One (Ger.)
29 Nat'l Park Service (abbr.)
30 Shoshonean
31 Sesame
35 Celsius (abbr.)
38 To the rear
40 Negative population growth (abbr.)
42 Stowe character
45 Golden wine
46 Yahi tribe survivor
47 Tree
49 Galatea's beloved
50 Indian music
51 Mine roof support
52 Mountain on Crete
53 Modernist
54 Compass direction



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PHOTOGRAPHY: KIMBERLY COVILLE OF PORTLAND



**POETRY:
ELAINE CARVER**
OF PORTLAND

Spring

Spring is springin'
all over this town
Flowers are sproutin'
up through the ground

Out with the long johns
and old winter clothes
In with the short shorts
and ribbons and bows

The grass is green
I feel good all over
Soon I'll be searchin'
for that four leaf clover

Good riddance to winter
and that drastic cold
I'll find that rainbow
and my pot of gold

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2 bedroom
1 bath
(Ad #12239)

Ashland — \$52,500



Shingle Style
3 bedroom
1 bath
(Ad #18656)

Fryeburg — \$160,000



Cape Cod
2 bedroom
1 bath
(Ad #18595)

Raymond — \$285,000



Ranch
3 bedroom
2.5 bath
(Ad #18575)

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Ranch
2 bedroom
1 bath
(Ad #18571)

Kittery — \$289,000



Charming
New Englander
4 bedroom
2 bath
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Colonial
3 bedroom
2.5 bath
(Ad #18454)

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Property
0 bedroom
0 bath
(Ad #18443)

Bangor — \$33,9000



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1 bath
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Mobile Home
2 bedroom
1 bath
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2.5 bath
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